

The 2006
Vermont Youth
Health Survey

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EXECUTIVE SUMMARY

The Vermont Department of Health, with cooperation from the Vermont Department of Education, conducted the 2006 VT Youth Health Survey (YHS) in the winter of 2006 in randomly selected Vermont middle and high schools. Middle schools were defined as containing any of grades 6-8. High schools were defined as containing any of grades 9-12.

Prevalence and Use of Tobacco

- Over a third of Vermont students have ever tried smoking (35% of all students have ever tried; including 49% of high school vs. 16% middle school students). Middle school students who have ever tried smoking has dropped from 36% in 2000 to 16% in 2006.
- Almost one student in seven smoked at least one day in the past 30 (13% overall, 19% of high school vs. 4% of middle school students). Among middle school students, this has declined from 11% in 2000 to 4% in 2006. The smoking rate for grades 8-12 is comparable to the 2005 VT YRBS (16% for both surveys).
- Most smokers smoke 5 or fewer cigarettes a day (68%).
- Very few students have smoked on school property in the past 30 days (5%).
- Cigar smoking is the second most common form of tobacco used (23% have tried, 8% have used in past 30 days). Having ever tried cigars has declined from 20% in 2000 to 8% in 2006 among middle school students.
- Smokeless tobacco use is a problem among VT students (17% have tried, 8% have used in the past 30 days). Among high school students, there has been an increase in the proportion who have recently used (from 6% in 2004 to 11% in 2006). The VT YRBS shows a similar increase, with a rise in current usage from five to seven percent among grades 8-12 from 2003 and 2005.
- Both cigar and smokeless tobacco use is higher among males than females (29% males vs. 16% females have ever tried cigars; 24% males vs. 10% females have ever tried smokeless tobacco).
- Most non-smokers do not think they will try a cigarette soon (91%), smoke in the next year (74%) or be smoking in the next five years (74%). Conversely, most current smokers believe they will smoke at some time during the next year (60%), though only one in seven believe they definitely will still be smoking in five years (14%).

EXECUTIVE SUMMARY

Access to Tobacco Among Students Under Age 18

- The most common methods for underage students to obtain cigarettes are to give someone else money (34%), borrow cigarettes from someone (26%) or have a person of legal age give them cigarettes (10%).
- Almost one in ten students bought cigarettes in the past 30 days (9%). Among high school students, 14% bought cigarettes in the last month, compared to 3% of middle school students. The most common places to buy cigarettes are gas stations or convenience stores (27% and 22%, respectively).
- When it comes to use of other tobacco products, borrowing is the most common way for underage students to obtain chewing tobacco (27%), followed by getting from a store (26%) or giving someone money to purchase (23%).
- Borrowing is also the most common way for underage students to obtain cigars (29%), followed by giving someone else money to buy them (22%) or someone 18 or older gave them to the student (17%).

Tobacco Cessation

- Almost half of current youth smokers want to quit smoking (46%). High school smokers were about as likely as middle school smokers to want to quit smoking (46% vs. 48%).
- Half of current smokers have friends who urge them to quit (48% overall, 50% high school, 39% middle school). Half have tried to quit in the past 12 months (52% overall, 50% high school, 60% middle school).
- Three-quarters of current smokers think they could quit now if they wanted to (75%); one student in nine has participated in a program to help them quit tobacco use (12%).
- One in five students have used an over-the-counter nicotine patch or gum to help with quitting smoking (22%), an increase from 10% in 2004.
- One in seven students report that their school has special groups or classes for students who want to quit (14%). High school students are more likely than middle school students to report having special groups or classes to help with quitting (17% vs. 11%).

EXECUTIVE SUMMARY

Exposure to Tobacco Use

- Smoking is not allowed in two out of three students' homes (66%). Among the 40% of students who live with a smoker, smoking is not allowed in two out of five homes (41%).
- Over half of all students were NOT in the same room (55%) or car (60%) with a someone who was smoking during the past seven days. However, current smokers are much more likely to have been in the same room (85% vs. 40% of non-smokers) or a car (82% vs. 34% of non-smokers) with someone smoking.
- Almost two-thirds of students do not have any close friends who smoke (60%). This is more true among middle school students (78%) than high school students (47%).

Attitudes and Beliefs About Smoking

- The majority of students believe that smoking for a year or two is not safe (63%). Most students are aware that secondhand smoke is unhealthy (78%) and smoking one to five cigarettes a day can be harmful (70%).
- Students believe that smoking does not make you look cool (74%). Four students in ten believe smokers do not have more friends (41%).
- Over a third of middle school students believe that a significant proportion of high schoolers currently smoke cigarettes (43%). While this is an improvement from the 62% of middle school students who believed this in 2000, the 2006 number is higher than the 37% who reported this in 2004.
- Less than half of students are aware that eight out of 10 Vermont teens do not smoke (44%). In 2004, two-thirds of students were aware of this (65%).
- The Vermont specific advertising campaign on TV and other media is recalled by about half of students. About half of students have seen a TV ad or heard a radio ad that talked about how many VT teens choose NOT to smoke (47%). The low number of VT students who have seen or heard a VT specific ad may be due to the timing of the media campaign, which began after many students had completed the VT YHS survey. Thus, there had not been any VT-specific youth advertising for nearly a year at the time of the 2006 YHS.

EXECUTIVE SUMMARY

Family and Community Messages About Smoking

- Almost half of students are taught about the dangers of tobacco use in school (46%); half as many practice ways to say NO to tobacco (24%) or are taught that most people their own age do not smoke (18%).
- Middle school students are more likely than high school students to be taught the dangers of smoking (65% vs. 33%), to practice ways to say NO (39% vs. 13%), and be taught students their age do not smoke (25% vs. 13%).
- Almost two-thirds of students have discussed the dangers of tobacco use with their parents in the past 12 months (66%). But, only 18% discuss the dangers of tobacco use often or very often with their parents.
- Very few students participated in community activities discouraging young people from smoking (13%).
- Less than one-third of students report that their physician has spoken to them about tobacco use (30%); half as many say their dentist did the same (15%).

Media Messages About Tobacco

- Two out of five students have seen ads talking about how Hollywood helps tobacco companies sell cigarettes (44%) and two-thirds of students who use the Internet have been exposed to tobacco advertising (66%).
- Students are aware of Hollywood's portrayal of tobacco: four out of five notice actors using tobacco products most or some of the time (81%); half as many believe Hollywood should show less smoking (42%).

NON-TOBACCO RELATED QUESTIONS

For the 2006 Vermont Youth Health Survey, the Vermont Department of Health added several non-tobacco health topics. These include questions on asthma, diabetes, mental health, bullying, cancer prevention, prescription drug use, injury prevention and diet.

Asthma

- One-fifth of students have been told they have asthma (21%). One-quarter of these students have had an asthma attack in the past 12 months (27%). One-fifth have a management plan (18%) and close to half have not had a routine check-up in the past 12 months (43%).

EXECUTIVE SUMMARY

Mental Health

- Three in ten students have been bothered by little interest or pleasure in doing things during the past two weeks (30%), with one-third of these students experiencing this at least half of the days (9%).
- Almost four in ten have been feeling down or depressed in the past two weeks (38%). Over one in ten felt that way at least half of the days (12%).
- One in six report purposely hurting themselves without wanting to die in the past 12 months (17%). Almost one in ten reported doing this four or more times (8%).

Bullying

- The vast majority of students would try to help a peer they saw being bullied. They would either confront the bully (35%), try to help the person (31%) or tell an adult (18%).

Cancer Prevention

- One student in seven reports they would wear sunscreen of SPF 15 or higher if they were out in the sun for more than an hour (15%). The same number of students have used a tanning booth or sun lamp in the past 12 months (15%). Girls are more likely than boys to have used a tanning booth (22% vs. 9%).

Prescription Drugs

- One student in seven has used a prescription drug such as Ritalin or OxyContin without a doctor's prescription in their lifetime (14%). High school students are three times as likely to have done this than middle school students (20% vs. 7%).

EXECUTIVE SUMMARY

Injury Prevention

- Over half of students have ridden either a snowmobile or an ATV in the past 12 months (56% and 60%, respectively). However, less than one-third of those who have ridden say they always wear a helmet (30%). One-quarter never wear a helmet (27%).

Diet

- One in four students drink non-diet soda and one in three drink sweetened beverages such as sports drinks at least once per day (24% and 33%, respectively). Boys are more likely to drink non-diet soda (29% vs. 20%) and sweetened drinks (37% vs. 28%) than girls.

METHODS

The Vermont Department of Health (VDH), with cooperation from the Vermont Department of Education, conducted the 2006 VT Youth Health Survey (YHS) in the winter of 2006 in randomly selected Vermont middle and high schools. Middle schools were defined as containing any of grades 6-8. High schools were defined as containing any of grades 9-12.

Of the 25 high schools invited to participate in the 2006 VT YHS, twelve implemented the survey. Overall 50 middle schools were invited and 29 of those schools participated.

Weighting

The results were weighted by age and gender to ensure that the sample was representative of Vermont middle and high school children. This permits us to draw inferences about the entire middle and high school student population of Vermont based on the results of this sample.

Previous Vermont Youth Tobacco Surveys

Where applicable, we have included results from the 2000 and 2002 Vermont Youth Tobacco Survey for middle school and the 2004 Vermont Youth Tobacco Survey results for both middle and high schools. 2004 was the first year in which the response rate for VT high schools was sufficient for their inclusion.

DEMOGRAPHICS

A total of 5,718 students filled out a survey for the 2006 VT YHS. These students were weighted to represent 53,467 total students grades 6-12. Because of the small number of students in ethnic or racial groups (96% are White, Non-Hispanic), this data is *not* presented by race or ethnicity.

	GRADE							GENDER		SCHOOL		
	6	7	8	9	10	11	12	F	M	MS	HS	TOTAL*
Number of VT students surveyed	778	976	1,010	816	726	749	545	2,825	2,860	2,819	2,899	5,718
Weighted number of students	7,010	6,990	7,442	8,213	8,098	7,774	7,164	25,497	27,755	21,627	31,840	53,467
	AGE											
	<13	13	14	15	16	17	18	19+			TOTAL*	
Number of VT students surveyed	1,194	1,060	950	786	735	693	261	39			5,718	
Weighted number of students	10,357	7,242	7,944	8,318	7,860	8,033	3,456	256			53,467	

**NOTE: Some students did not indicate their grade, gender or age. Totals by grade, gender or age do not equal the overall total.*

PREVALENCE AND USE OF TOBACCO

Tobacco use is the single most preventable cause of death in the United States. Smoking is linked to increased risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas and cervix. Cigarette smokers are also more likely to drink alcohol and use marijuana and cocaine.

Recognizing the importance of reducing youth smoking, one of the Healthy Vermonters goals is to reduce youth smoking to 16% by 2010. According to the Vermont Youth Risk Behavior Survey (VT YRBS), current smoking (smoked on at least one day in past 30) for grades 8 – 12 has dropped from a high of 38% in 1995 to 16% in 2005. This meets the Healthy Vermonters 2010 goal of cutting smoking prevalence for Vermont's youth population.

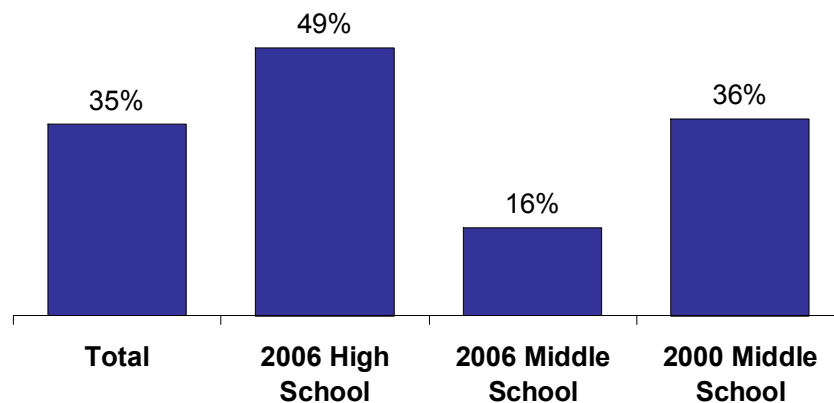
Despite success in reducing Vermont youth smoking, many Vermont youth still continue to use tobacco. This section assesses student use of tobacco. The following are the questions from the 2006 VT YHS that address the prevalence of tobacco use:

- Have you ever tried cigarette smoking, even one or two puffs?
- How old were you when you smoked a whole cigarette for the first time?
- About how many cigarettes have you smoked in your entire life?
- Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- During the past 30 days, on how many days did you smoke cigarettes?
- During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
- During the past 30 days, on how many days did you smoke cigarettes on school property?
- When was the last time you smoked a cigarette, even one or two puffs?
- Have you ever used chewing tobacco, snuff, or dip, such as Redman, Skoal, or Copenhagen?
- During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?
- During the past 30 days, how did you usually get your own chewing tobacco, snuff, or dip?
- Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?
- During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
- Do you think that you will try a cigarette soon?
- Do you think you will smoke a cigarette at anytime during the next year?
- Do you think you will be smoking cigarettes 5 years from now?

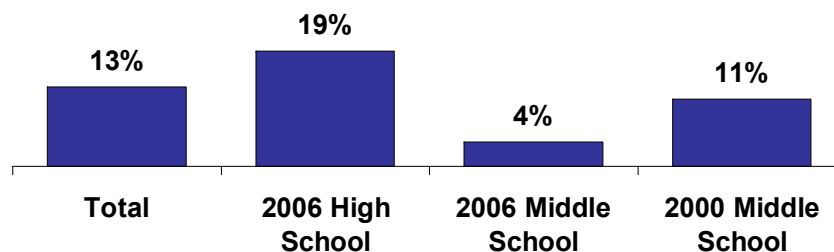
PREVALENCE AND USE OF TOBACCO

- **Over one-third of students have ever tried cigarettes (35%).** High school students are more than three times as likely as middle school students to have tried cigarettes (49% vs. 16%). Compared to 2000, middle school students are less likely to have ever tried cigarettes (36% in 2000 to 16% in 2006).
- **Almost one-third of those who have tried cigarettes have smoked at least 100 cigarettes in their lifetime (29%).** High school students are over three times more likely than middle school students to have smoked 100 cigarettes (33% vs. 10%).
- **Overall, 13% of students have smoked in the past 30 days.** High school students are nearly five times more likely than middle school students to be current smokers (19% vs. 4%). Among middle school students, the number of current smokers has dropped by half, from 11% in 2000 to 4% in 2006.
- **Nationally, 18% of grades 6-12 were current smokers in 2004 (National Youth Tobacco Survey).**
- **When comparing to the 2005 Vermont Youth Risk Behavior Survey (VT YRBS), just looking at grades 8-12, both surveys report 16% current smoking for both 2005 and 2006.**

Students Who Have Ever Tried Cigarettes



Students Who Smoked in Past 30 Days



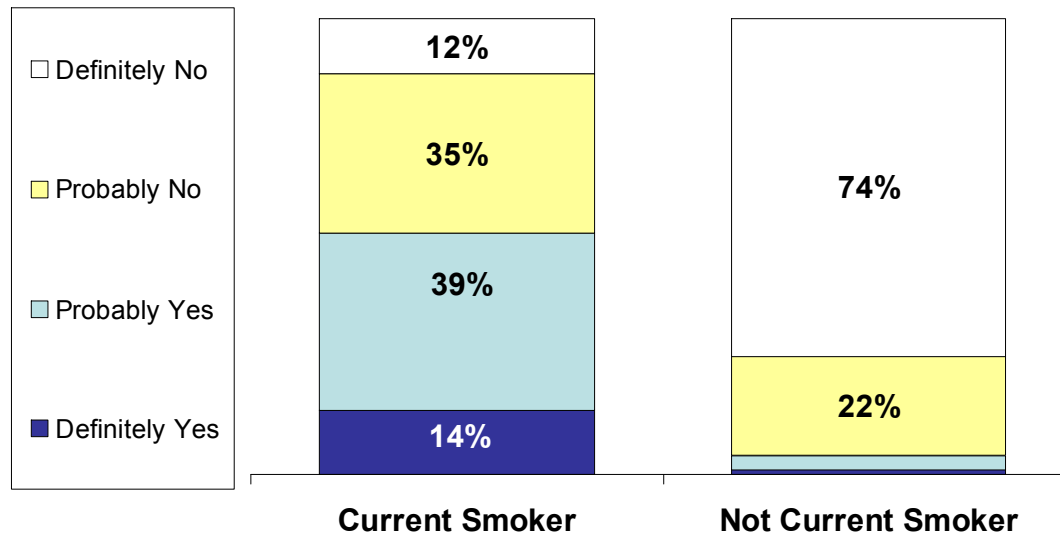
PREVALENCE AND USE OF TOBACCO

- **One student in ten has smoked daily at some point (10%).** High school students are eight times more likely to have smoked daily as middle school students (16% vs. 2%). The percent of middle school students who have ever smoked daily has dropped from 8% in 2002 to 2% in 2006.
- **Very few students are frequent smokers (smoked on 20 or more days in past 30 days: 6% overall).** High school students are nine times more likely to be frequent smokers as middle school students (9% vs. 1%). Almost half of students who have smoked a whole cigarette started before the age of 13 (45%).
- **Most students who currently smoke cigarettes (smoked at least one day in the past 30) smoke five or fewer cigarettes per day (68%).** About half of those smoke one or fewer cigarettes per day (33%).
- **Overall, very few students smoked on school property in the past 30 days (5%).** However, over one-third of students who are smokers report smoking on school property recently (35%).
- **Among students who have previously smoked cigarettes, one in six smoked their last cigarette earlier in the day they were surveyed (17%).** Almost a third had not smoked a cigarette in at least a year (29%). High school students are more likely than middle school students to have smoked on the day surveyed (18% vs. 8%).
- **Among all students who have never tried a cigarette, only 9% think they will try a cigarette soon.** For middle school students, this has remained the same since 2000 (8% 2000 and 2006).

PREVALENCE AND USE OF TOBACCO

- **Two-thirds of all students believe they will definitely NOT smoke a cigarette at any time during the next year or be smoking in five years (65% and 66%, respectively).** Middle schools students are more likely to say they definitely will not smoke in the next year than high school students (77% vs. 56%). Since 2000, more middle school students believe that they will definitely not smoke in the next year (62% in 2000, 77% in 2006) or be smoking in five years (60% in 2000, 73% in 2006).
- **Current smokers are more likely to indicate they will smoke in the next year (60% vs. 2% definitely yes).** They are also more likely to indicate they will still be smoking in five years – 53% indicate they definitely (14%) or probably (39%) will still be smoking; as compared to just 4% of non-smoking students (1% definitely smoking in five years, 3% probably). Only 12% of current smokers believe they definitely will not still be smoking in five years.

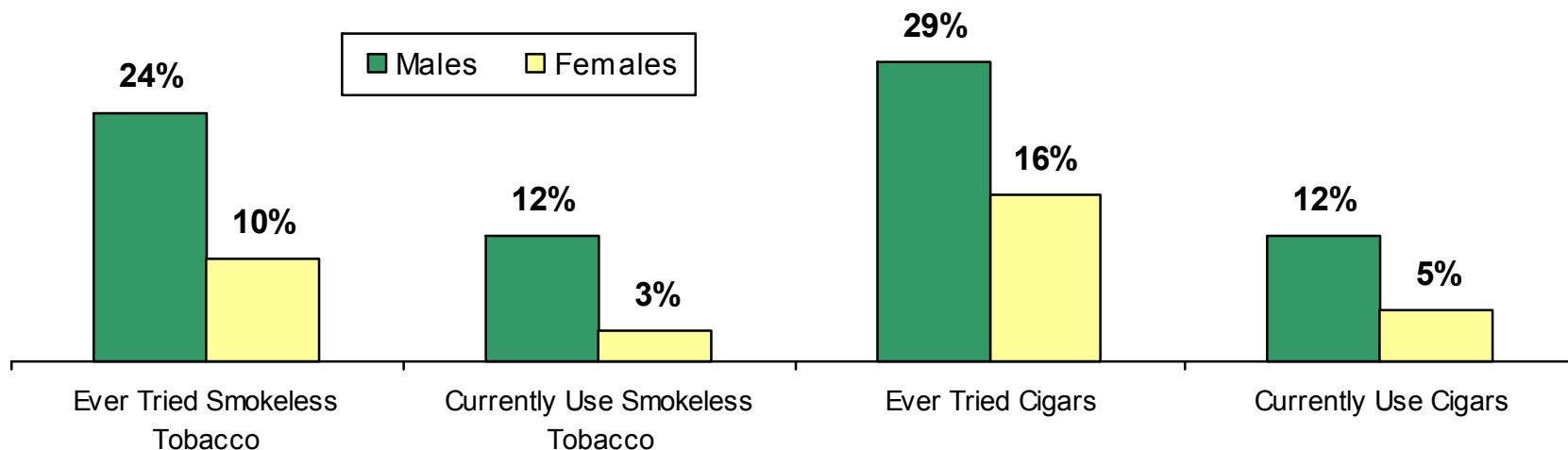
Will You Be Smoking In Five Years?



PREVALENCE AND USE OF TOBACCO

Other Tobacco Use

- **Overall, 17% of students reported having tried smokeless tobacco.** High school students are three times as likely to have tried smokeless tobacco than middle school students (23% vs. 8%). Approximately one student in 12 reports using smokeless tobacco at least once in the past 30 days (8%). The percent of high school students who have ever tried smokeless tobacco has risen from 18% in 2004 to 23% in 2006, while current usage has risen from 6% in 2004 to 11% in 2006. The VT YRBS also shows an increase in smokeless tobacco use, with usage rising from five to seven percent of students grades 8-12 from years 2003 to 2005.
- **Male students are more than twice as likely to have tried smokeless tobacco (24% males vs. 10% females) and four times as likely to have used smokeless tobacco in the past 30 days (12% males vs. 3% females).**
- **Almost a quarter of students have tried cigars (23%).** Almost one student in 10 had smoked a cigar in the past 30 days (8%). Like smokeless tobacco, high school students are more likely to have tried cigars (33% vs. 8%) or smoked a cigar in the past 30 days (11% vs. 3%) than middle school students. The percent of middle school students who have ever tried a cigar is down from 20% in 2000 to 8% in 2006.
- **Male students are almost twice as likely to have reported ever trying cigars (29% males vs. 16% females) and more than twice as likely to have smoked a cigar in the past 30 days (12% males vs. 5% females).**



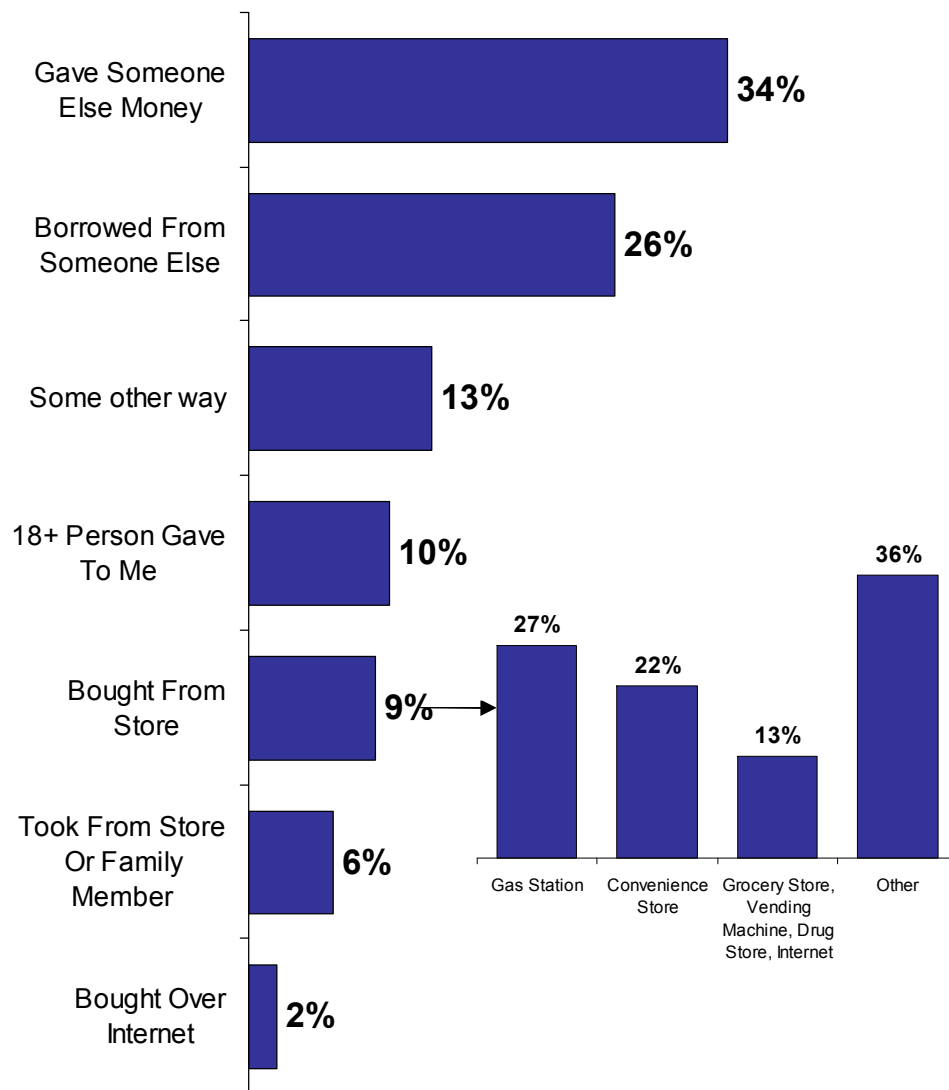
ACCESS TO TOBACCO

Students under the age of 18 are not legally allowed to purchase tobacco products. Despite this, underage students are able to obtain these products. The VT YHS includes the following questions to ascertain how students under 18 are able to obtain tobacco products:

- During the past 30 days, how did you usually get your own cigarettes?
- During the past 30 days, where did you buy the last pack of cigarettes you bought?
- When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?
- During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?
- In the last 12 months have you bought cigarettes on the Internet?
- During the past 30 days, how did you usually get your own chewing tobacco, snuff, or dip?
- During the past 30 days, how did you usually get your own cigars, cigarillos, or little cigars?

ACCESS TO TOBACCO

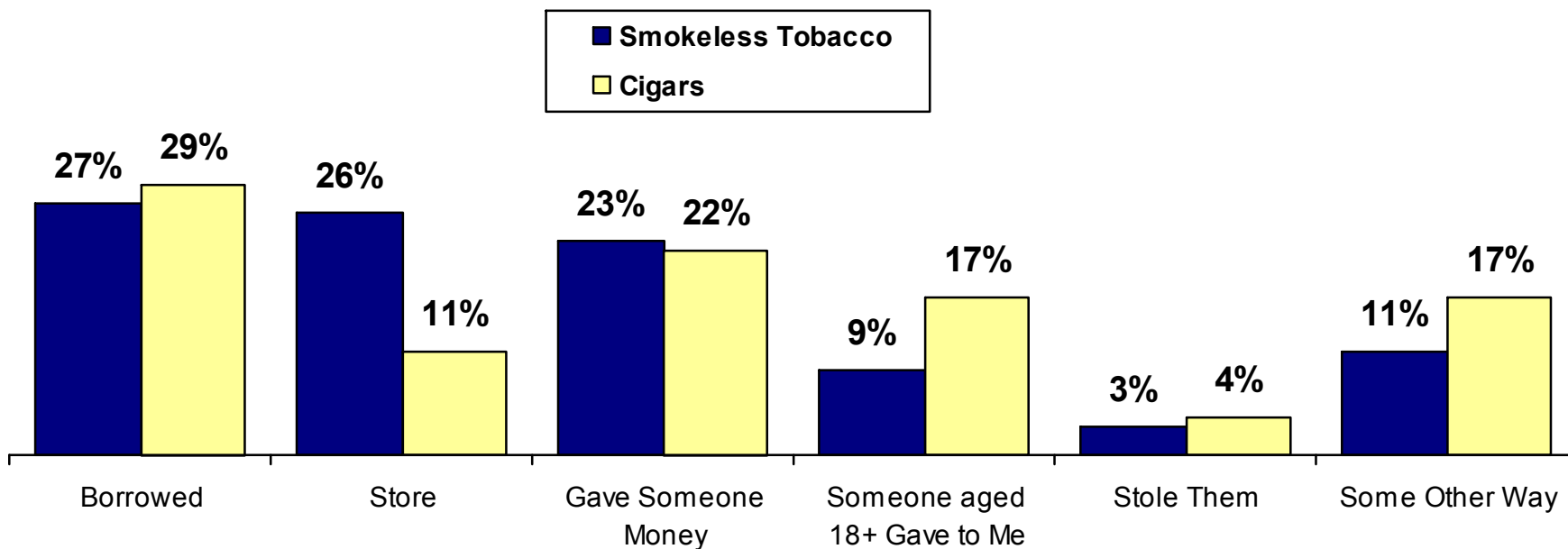
- **The most common way for underage students to obtain cigarettes is to give someone else money (34%).** The next most common ways are to borrow from someone else (26%), or an older person gave cigarettes to the student (10%). Only about one student in 10 listed buying cigarettes, either from a store, or on the Internet.
- **High school students are more likely to give someone else money (38% vs. 12%).** Since 2004, fewer middle school students are likely to give someone else money to buy cigarettes (32% vs. 12%); they are more likely to steal cigarettes (20% vs. 4%).
- **Male students are more likely to buy cigarettes from a store (14% males vs. 4% females) or steal them (8% males vs. 4% females).**
- **Among students who did buy cigarettes in the past 30 days, gas stations and convenience stores are the most common places students buy cigarettes (27% and 22% respectively).** Over a third of students list “other” as the place where they last bought cigarettes.
- **A total of 5% of students bought cigarettes on the Internet at some time in the past 12 months.**



**Note: Among students <18 who have obtained cigarettes in the last 30 days*

ACCESS TO TOBACCO

- **Borrowing chewing tobacco is the most common way to obtain it (27%).** The other common ways to obtain chewing tobacco are to get it from a store (26%), or give money to someone else to buy it (23%).
- **Borrowing cigars is the most common way to obtain them (29%).** The other common ways to obtain cigars are to give someone 18+ money to buy them (22%), or for someone 18+ to give the cigars to them (17%).
- **A higher proportion of students who use chewing tobacco buy it from a store than those who buy cigarettes (26% vs. 6%).**



**Note: Among students <18 who have obtained chewing tobacco in the last 30 days*

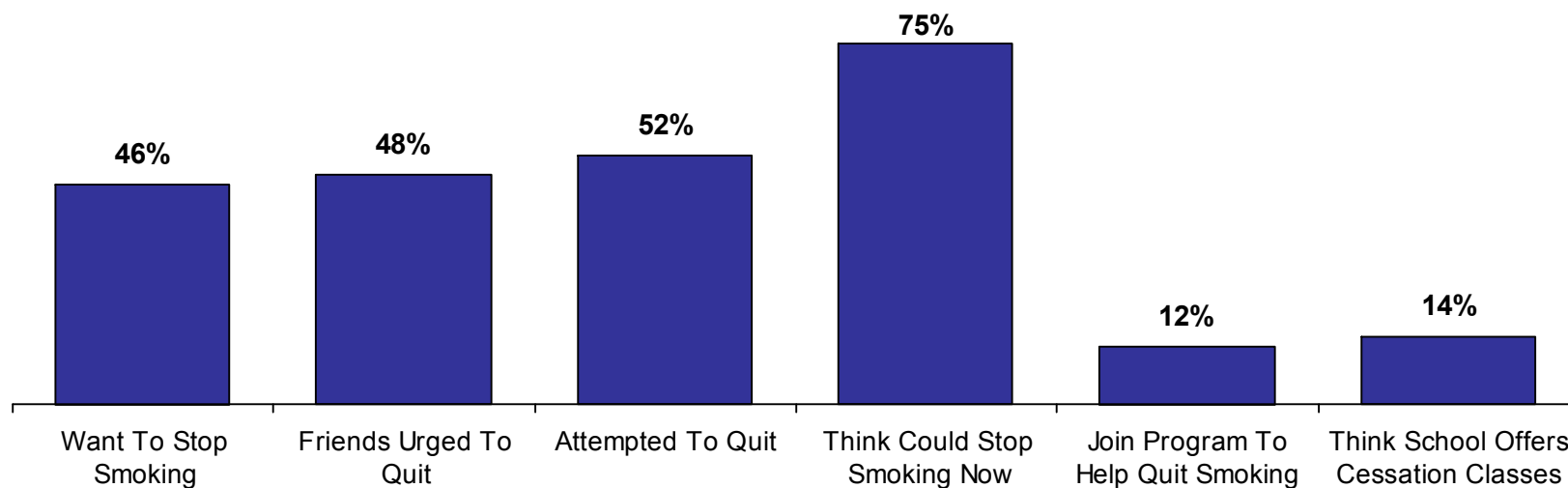
TOBACCO CESSATION

According to the 2005 VT YRBS, over half of current smokers in middle and high school tried to quit smoking. But, most cessation resources and medications, both prescription and over the counter, are not available for smokers under age 18. These questions look at how many current smokers under aged 18 would like to quit, have tried to quit and what methods they have used.

- Do you want to stop smoking cigarettes?
- Have any of your friends or classmates urged you to quit smoking cigarettes?
- During the past 12 months, did you ever try to quit smoking cigarettes?
- How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?
- When you last tried to quit, how long did you stay off cigarettes?
- Have you used an over the counter nicotine product like the Nicotine patch or Nicotine gum to help you quit smoking?
- During the past 30 days, how did you usually get the nicotine patch or gum?
- Do you think you would be able to quit smoking cigarettes now if you wanted to?
- Have you ever participated in a program to help you quit using tobacco?

TOBACCO CESSATION

- **Almost half of students who smoke want to stop (46%); half of youth smokers have tried to quit in the past 12 months (52%); and half have friends or classmates who urge them to quit (48%).** Interestingly, the number of current smokers who want to quit smoking and who have had friends urge them to quit has dropped since 2004 (56% vs. 46% and 59% vs. 48%, respectively).
- **Most students who smoke think they could stop smoking if they wanted to quit.** Three-quarters of all students think they could stop smoking now if they wanted to (75%).
- **Among students who have ever attempted to quit, one in five quit for at least six months (21%). Few students who smoke sought out help to quit.** Only 12% participated in a program to help quit smoking. One in five used an over-the-counter (OTC) nicotine patch or gum to help with quitting smoking (22%), which was an increase from 10% in 2004. Among those who attempted to quit under age 18, buying from a store was the most common way to obtain the nicotine patch or gum (44%).
- **One in seven think their school has special groups or classes for students who want to quit tobacco (14%).** High school students are more likely to think that their school offers cessation classes (17% vs. 11%).



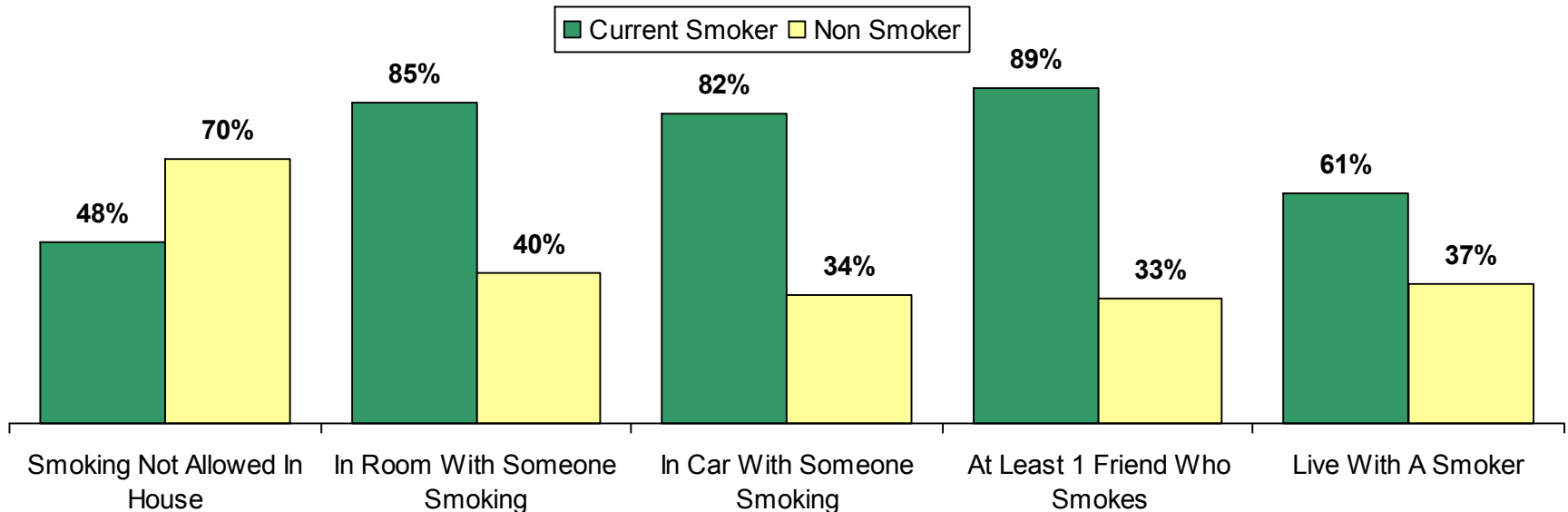
EXPOSURE TO TOBACCO USE

Second hand smoke can cause potentially serious illness in young people. This is why the Vermont Tobacco Control Program has launched initiatives such as “Take it outside” and “Smoke-free zones” to limit secondhand smoke exposure. The following questions are related to secondhand smoke and tobacco exposure among middle and high school students:

- Which statement best describes the rules about smoking inside your home?
- During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
- During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?
- Does anyone who lives with you now smoke cigarettes?
- Does anyone who lives with you now use chewing tobacco, snuff, or dip?
- How many of your four closest friends smoke cigarettes?
- How many of your four closest friends use chewing tobacco, snuff, or dip?
- Does your school have any special groups or classes for students who want to quit using tobacco?

EXPOSURE TO TOBACCO USE

- **Two-thirds of households with middle or high school students do not allow smoking in the home (66%).** However, second hand smoke is still a concern. Almost half of students were in the same room with someone smoking at least one day in the past seven (45%). One-third of those students were exposed all seven days (15%). Two students in five report riding in a car with someone who was smoking in the past seven days (40%). Four students in 10 live with someone who smokes (40%) or have at least one close friends who smokes (40%).
- **Since 2000, middle school students report less exposure to tobacco.** Fewer report being in the same room with someone smoking (58% vs. 36%), riding in the same car with someone who was smoking (45% vs. 33%) or having close friends that smoke (39% vs. 22%).
- **Current youth smokers are more likely to be around smoking behaviors.** Current smokers are more likely to live in a house that allows smoking, to have been in the same room or car with a smoker, to live with a smoker and to have at least one friend who smokes (see graph).
- **Among all students, 14% live with someone who uses chewing tobacco.** Over one in five have at least one friend who uses chewing tobacco (23%).



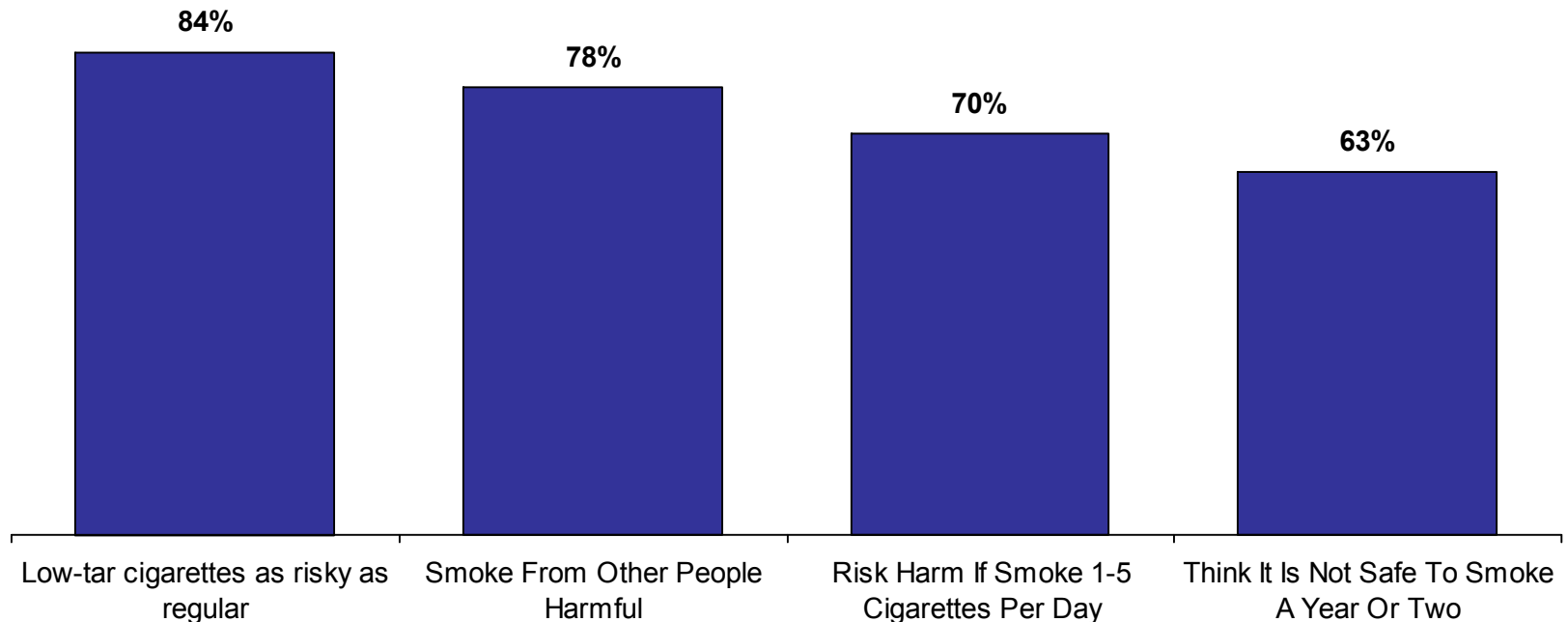
ATTITUDES AND BELIEFS ABOUT SMOKING

What young people believe about smoking could make them more or less likely to use tobacco in the future. The following questions ask about what the beliefs are about smoking and young people who smoke:

- If one of your best friends offered you a cigarette, would you smoke it?
- Do you think young people who smoke cigarettes have more friends?
- Do you think smoking cigarettes makes young people look cool or fit in?
- Do you believe cigarette smoking helps people relax?
- Do you think young people risk harming themselves if they smoke from 1 - 5 cigarettes per day?
- Do you believe that light (low-tar) cigarettes are less risky than regular (full-flavor) cigarettes?
- Do you think it is safe to smoke for only a year or two, as long as you quit after that?
- Out of 100 Vermont high school students, how many do you think smoke cigarettes?
- If yes, please choose the correct response: out of 10 Vermont teens, how many choose not to smoke cigarettes.
- Do you think the smoke from other peoples' cigarettes is harmful to you?

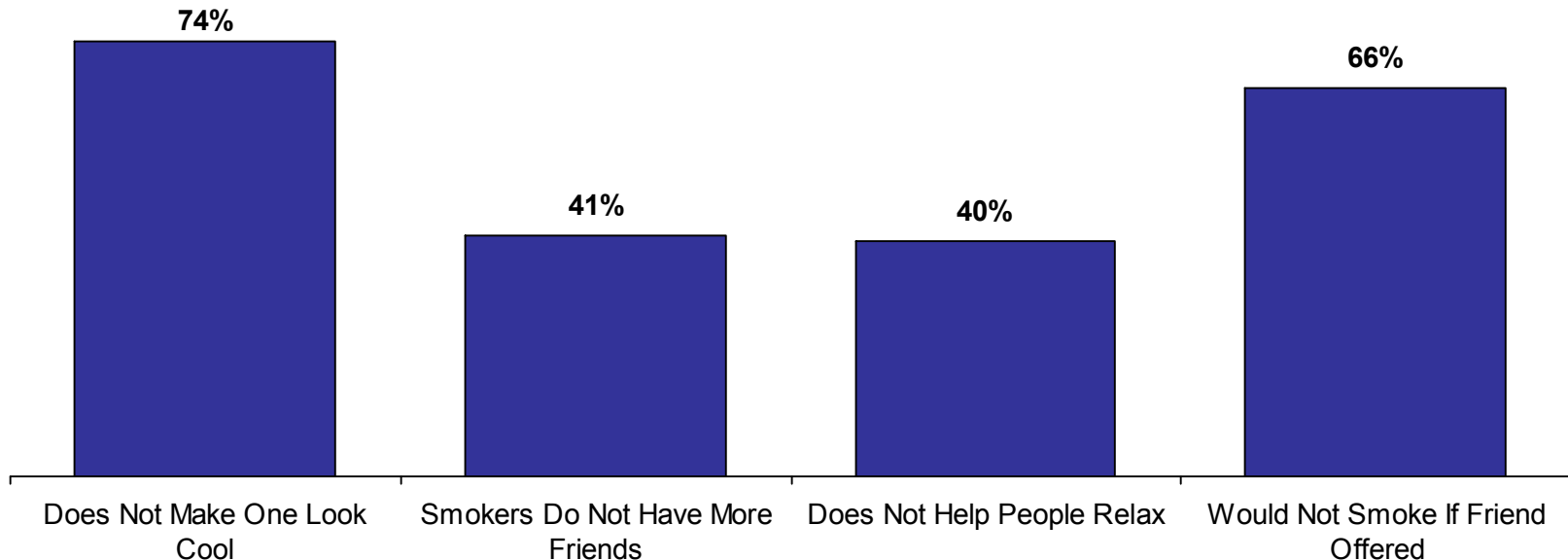
ATTITUDES AND BELIEFS ABOUT SMOKING

- **Students are aware that tobacco use is harmful.** More than four out of five students believe that light (low-tar) cigarettes are at least as risky as regular cigarettes (84%). Slightly fewer students know that second hand smoke is potentially harmful (78%). Over two-thirds know that they risk harm smoking one to five cigarettes per day (70%). While almost two-thirds think that it is not safe to smoke for only a year or two (63%).
- **Since 2000, middle school students are more likely to believe that it is not safe to smoke for only a year or two (60% vs. 72%) and that smoke from other peoples' cigarettes is harmful to you (71% vs. 82%).**



ATTITUDES AND BELIEFS ABOUT SMOKING

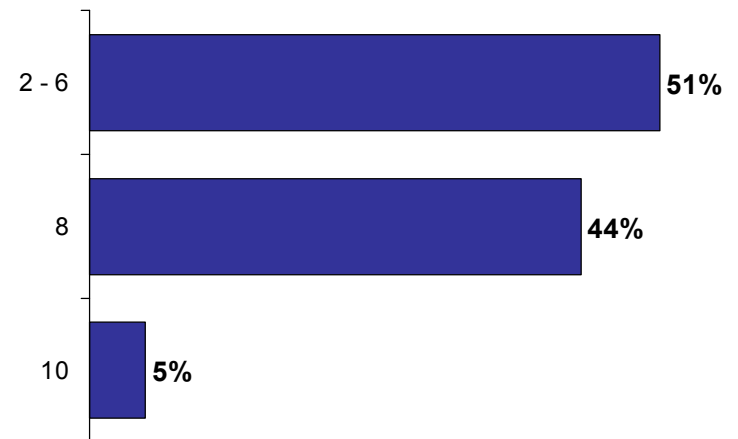
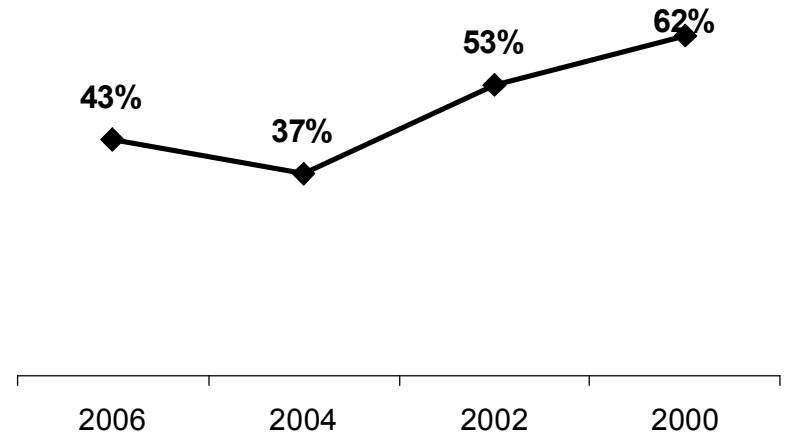
- **Students are aware of misleading images of smoking.** Three-quarters of students believe that smoking does not make someone look cool (74%). Four in ten do not believe that smokers have more friends (41%) or that smoking helps people relax (40%). Current smokers are much more likely to believe smoking helps people relax (52% vs. 7% of non-smokers).
- **Most students definitely would not smoke a cigarette offered by a friend (66%).** Not surprisingly, current smokers are much more likely to say yes (51% vs. 2% of non-smokers). And since 2000, middle school students are more likely to say no (63% vs. 77%).



ATTITUDES AND BELIEFS ABOUT SMOKING

- **Since 2000, middle school students have become more aware of how few high school students are actually smoking; however, over four in 10 middle school students still believe that more high school students smoke than actually do.** In 2000, 62% of middle school students believed that at least 41% of high school students smoked. In 2004 37% believed that. But this percent has risen to 43% in 2006.
- **Almost half of Vermont students have seen a TV ad or heard a radio ad that talked about how many VT teens choose NOT to smoke (47%).** This was down from 70% in 2004. The low number of VT students who have seen or heard a VT specific ad may be due to the timing of the media campaign, which began after many students had completed the VT YHS survey.
- **More than two out of five students believe correctly that 8 out of 10 Vermont teens did NOT smoke cigarettes (44%).** This has dropped since 2004, when 65% of students believed correctly that 8 out of 10 teens did NOT smoke cigarettes. Both of these indicators appear to have either plateaued or dropped since 2004.

Proportion Who Believe 41% Or More Of High School Students Smoke



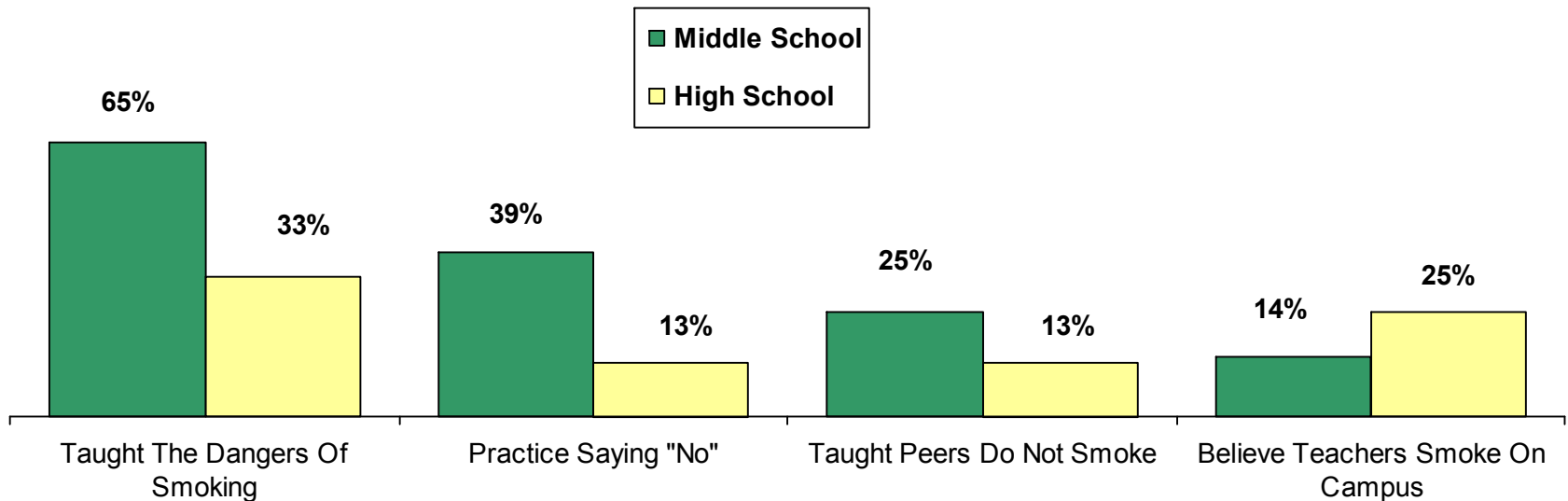
FAMILY AND COMMUNITY MESSAGES ABOUT TOBACCO

What a young person learns about smoking from family and the larger community could impact their feelings about tobacco use. The following questions concern family and community messages about tobacco:

- In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?
- During this school year, were you taught in any of your classes about the dangers of tobacco use?
- During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)?
- During this school year, were you taught in any of your classes that most people your age do not smoke cigarettes?
- As far as you know, do any teachers or other school employees smoke on your school's campus?
- In the past 12 months, has a doctor or someone in a doctor's office talked to you about the danger of tobacco use?
- In the past 12 months, has a dentist or someone in a dentist's office talked to you about the danger of tobacco use?
- During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?

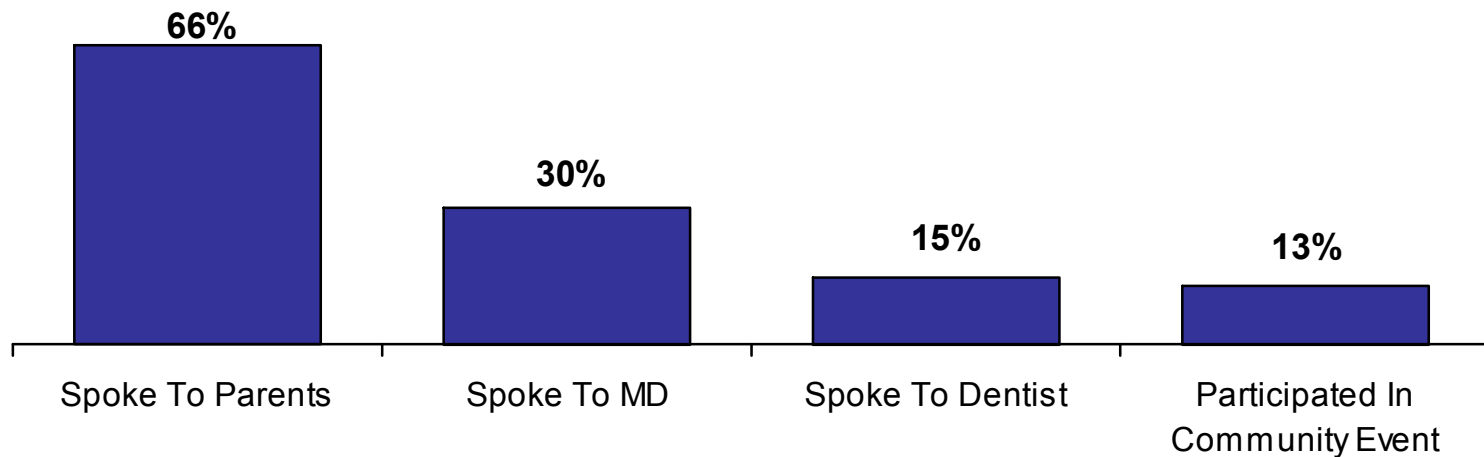
FAMILY AND COMMUNITY MESSAGES ABOUT TOBACCO

- **Almost half of students are taught the about the dangers of smoking in school (46%).** About a quarter of the students practice ways to say NO to tobacco (24%) or are taught that most students do not smoke (18%). One-fifth believe that teachers or other school employees smoke on the school campus (20%).
- **Middle school students are much more likely to report being taught about tobacco than high school students.** Twice as many middle school students report being taught about the dangers of smoking (65% vs. 33% of high school students). Three times as many middle school students report practicing ways to say NO to tobacco (39% vs. 13%). Twice as many middle school students are taught that most students don't smoke (25% vs. 13%).
- **High school students are more likely to believe faculty smoke on campus (25% vs. 14%).**



FAMILY AND COMMUNITY MESSAGES ABOUT TOBACCO

- **One-third of students have not spoken to their parents or guardians about the dangers of tobacco use in the past 12 months (34%).** Only 18% have spoken with adults about tobacco either often or very often. High school students are more likely to report NOT having spoken about the dangers of tobacco use than middle school students (38% vs. 27%).
- **Close to one-third of students who visited a doctor in the past 12 months report that either the doctor or someone in the doctor's office spoke to them about the danger of tobacco use (30%).** MDs are more likely to discuss the dangers with high school students than middle school students (35% vs. 26%).
- **One student in seven who visited a dentist in the past 12 months report that either the dentist or someone in the dentist's office spoke to them about the danger of tobacco use (15%).**
- **Very few students have participated in a community activity discouraging young people from using tobacco in the past 12 months (13%).**



MEDIA MESSAGES ABOUT TOBACCO

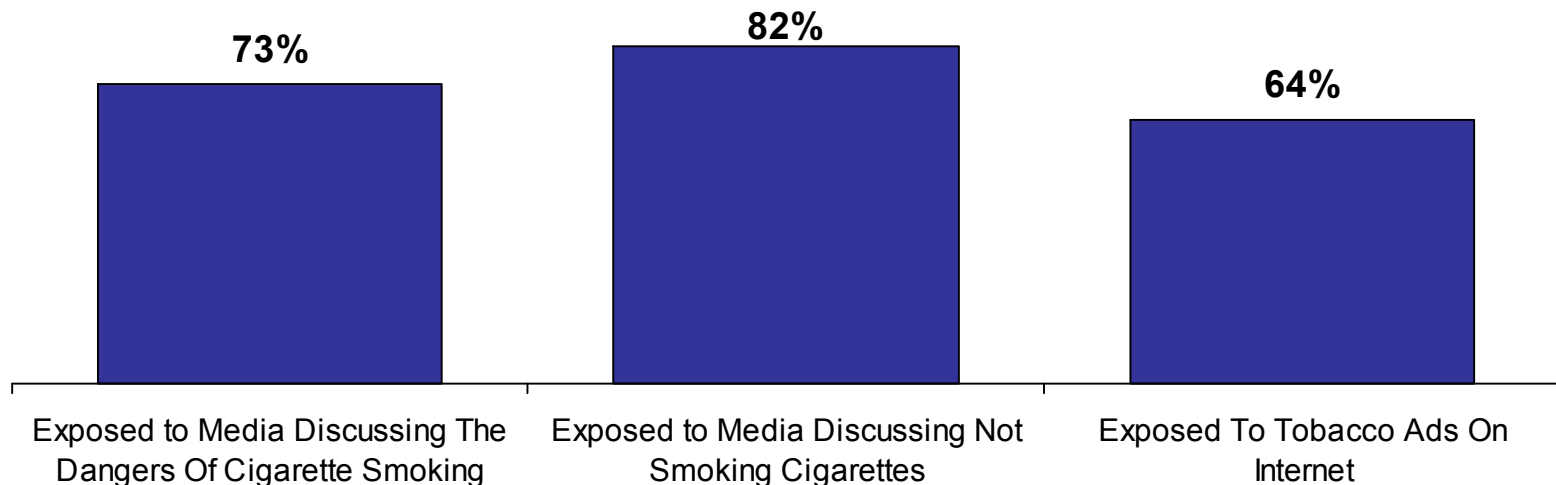
Both Vermont and national organizations have used media messages on TV, radio and the internet to try to discourage tobacco use among young people. The following questions ask about which of these media messages young people have been exposed to:

- Have you seen any television ads or heard any radio ads that talked about how many teens in Vermont choose NOT to smoke?
- Have you seen any television or movie ads talking about how Hollywood helps tobacco companies sell cigarettes?
- Do you think Hollywood should change how much smoking is shown in movies?
- During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?
- During the past 30 days, how many commercials have you seen on TV about NOT smoking cigarettes?
- When you watch TV or go to movies, how often do you see actors using tobacco?
- When you watch TV, how often do you see athletes using tobacco?
- When you are using the Internet, how often do you see ads for tobacco products?

MEDIA MESSAGES ABOUT TOBACCO

National Anti-Tobacco Media Messages

- **Most students read or see commercials on TV, the Internet or radio about the dangers of smoking (73%).** Among those students who watch TV, most have seen a commercial about NOT smoking cigarettes (82%); one-quarter have seen “a lot” of such commercials in the past 30 days (26%). These numbers have both remained the same since 2004.
- **Two-thirds of students who use the Internet are exposed to tobacco advertising (66%).** Though less than 10% are exposed “most of the time” (8%). This has also remained the same since 2004.



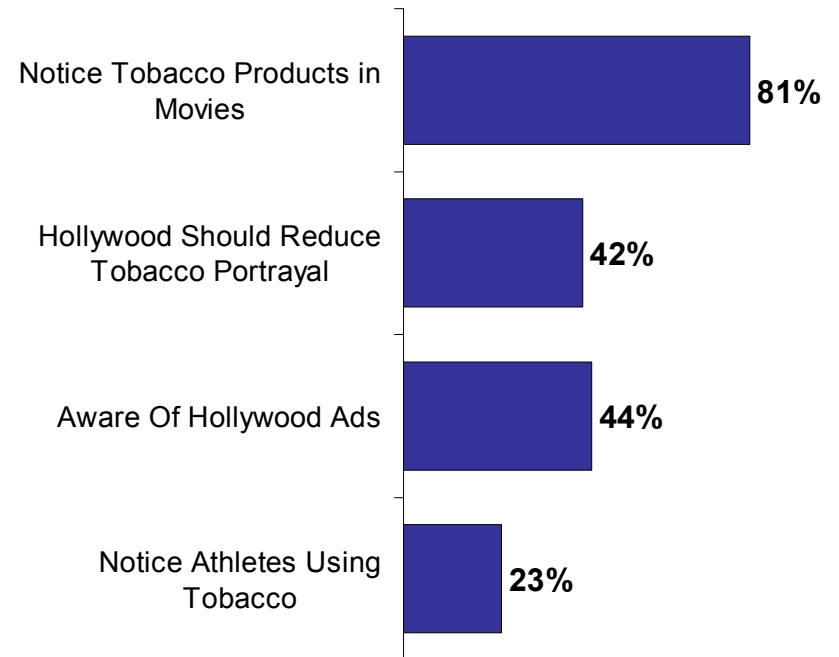
MEDIA MESSAGES ABOUT TOBACCO

Hollywood's Use Of Tobacco

- **Eight students in 10 notice actors using tobacco products in movies or on TV most or some of the time (81%).** Over four out of 10 believe that Hollywood should reduce how much smoking was portrayed (42%), and have seen ads talking about how Hollywood helps tobacco companies sell cigarettes (44%).

Athletes Using Tobacco

- **Almost one-quarter of students notice athletes using tobacco when watching on TV (23%).** Only one in 20 notice this most of the time (5%).



NON-TOBACCO RELATED HEALTH QUESTIONS

For the 2006 Vermont Youth Health Survey, the Vermont Department of Health added several non-tobacco health topics. These include questions on asthma, diabetes, mental health, bullying, cancer prevention, prescription drug use, injury prevention and diet. Following are the questions asked:

- Has a doctor or nurse ever told you that you have asthma? During the past 12 months have you had an episode of asthma or an asthma attack?
- A written management plan or action plan is a piece of paper that your doctor fills out with information about medicines, asthma triggers, and what to do when you have an asthma attack. In the past 12 months, have you and your doctor worked out a written plan for taking care of your asthma?
- During the past 12 months, how many times have you seen a doctor for a routine checkup for your asthma?
- In the past 2 weeks, how often have you been bothered by little interest or pleasure in doing things?
- In the past 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?
- During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
- If you saw a peer being bullied or harassed, what would you do?
- If you go outside on a sunny day for more than an hour do you use sunscreen or sunblock with a sun protective factor (or SPF) of 15 or higher?
- In the past 12 months have you used a tanning booth or a sun lamp?
- During your life, how many times have you taken a prescription drug such as Ritalin, OxyContin or Vicodin without a doctor's prescription?

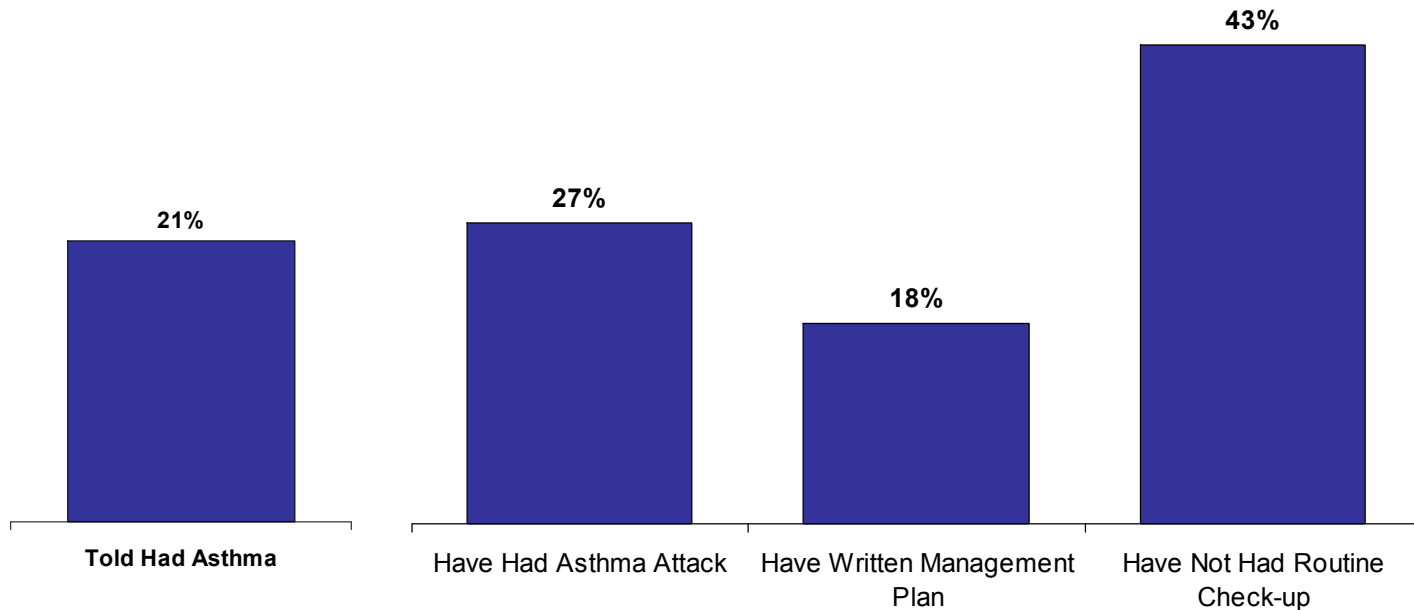
NON-TOBACCO RELATED HEALTH QUESTIONS

- In the past 12 months, how often have you ridden on a snowmobile?
- In the past 12 months, how often have you ridden on an ATV (All Terrain Vehicle, including 3 and 4 wheelers and dirt bikes)?
- In the past 12 months when you rode an ATV (All Terrain Vehicle, including 3 and 4 wheelers and dirt bikes), how often did you wear a helmet?
- During the past 7 days, how many times did you drink soda (not including diet soda)?
- How often do you drink sweetened beverages such as lemonade, sweetened iced tea, sports drinks, KoolAid or other fruit drinks? (Do not include 100% fruit juices)

ASTHMA AND DIABETES

Asthma

- **One-fifth of students have been told by a doctor or nurse that they have asthma (21%).** Over one-quarter of these students have had an asthma attack in the past 12 months (27%). Close to one fifth know that they have a written management plan for their asthma (18%).
- **Close to half have not seen a doctor for a routine check up for their asthma in the past 12 months (43%).** Middle school students are more likely to have had a routine check up (48% vs. 34%).



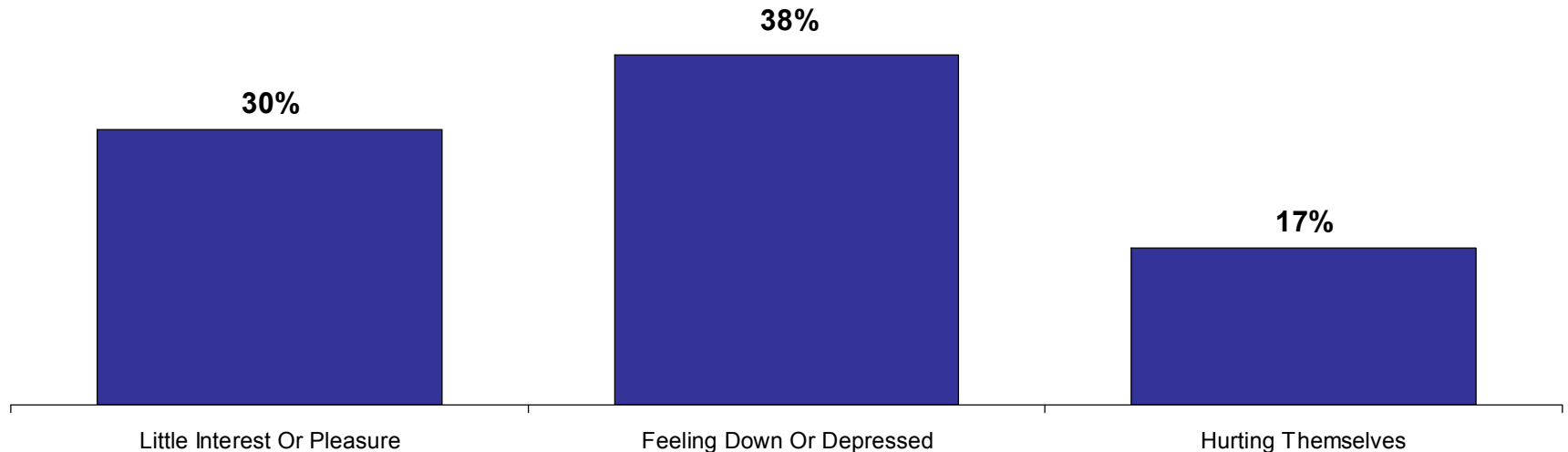
MENTAL HEALTH AND BULLYING

Mental Health

- **Close to one-third of students have been bothered by little interest or pleasure in doing things in the past two weeks (30%).** One in ten have been bothered more than half the days (4%) or nearly every day (5%).
- **Almost four in ten have been bothered by feeling down, depressed or hopeless in the past two weeks (38%).** Over one in ten have been bothered more than half the days (5%) or nearly every day (7%).
- **One in six report purposely hurting themselves without wanting to die, such as cutting or burning themselves, at least one time in the past 12 months (17%).** Almost one in ten have done this four or more times (8%), while 10% have done this between one to three times in the past 12 months. There is very little difference among males and females or between high school and middle school students in regard to this.

Bullying

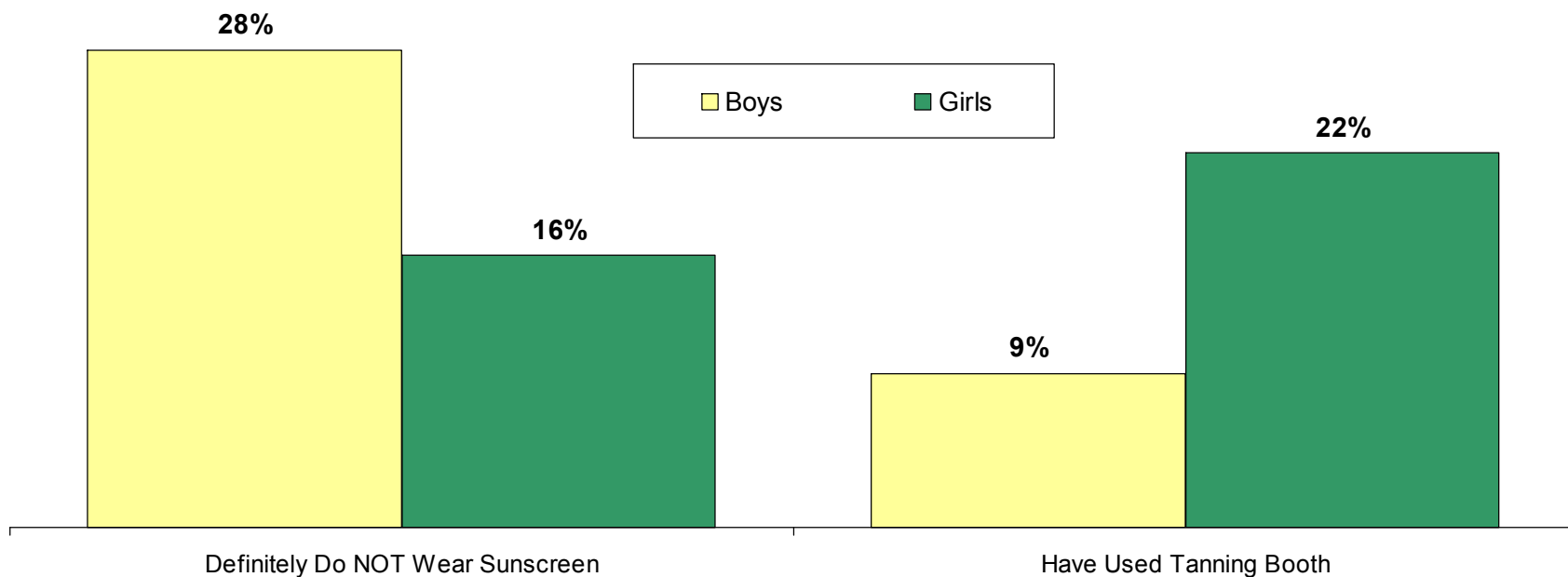
- **Over eight in ten students said they would attempt to help a person being bullied if they saw a peer being bullied (84%).** Ways they would help include confronting the bully (35%), try to help the person (31%), or tell an adult (18%). Males would be more likely to confront the bully (41% vs. 29%), while females would be more likely to tell an adult (24% vs. 12%).



CANCER PREVENTION

Cancer Prevention

- **One in seven students indicate they would definitely wear sunscreen of SPF 15 or higher if out in the sun for more than an hour (15%).** Girls are more likely than boys to report they definitely would wear sunscreen (18% vs. 12%); and boys are more likely to say they definitely would NOT wear sunscreen (28% vs. 16%).
- **One in seven students have used a tanning booth or sun lamp in the past 12 months (15%).** Girls are more likely than boys to have used a sunlamp or tanning booth (22% vs. 9%). High school students are more likely than middle school students to have used a tanning booth or sun lamp in the past 12 months (21% vs. 7%).



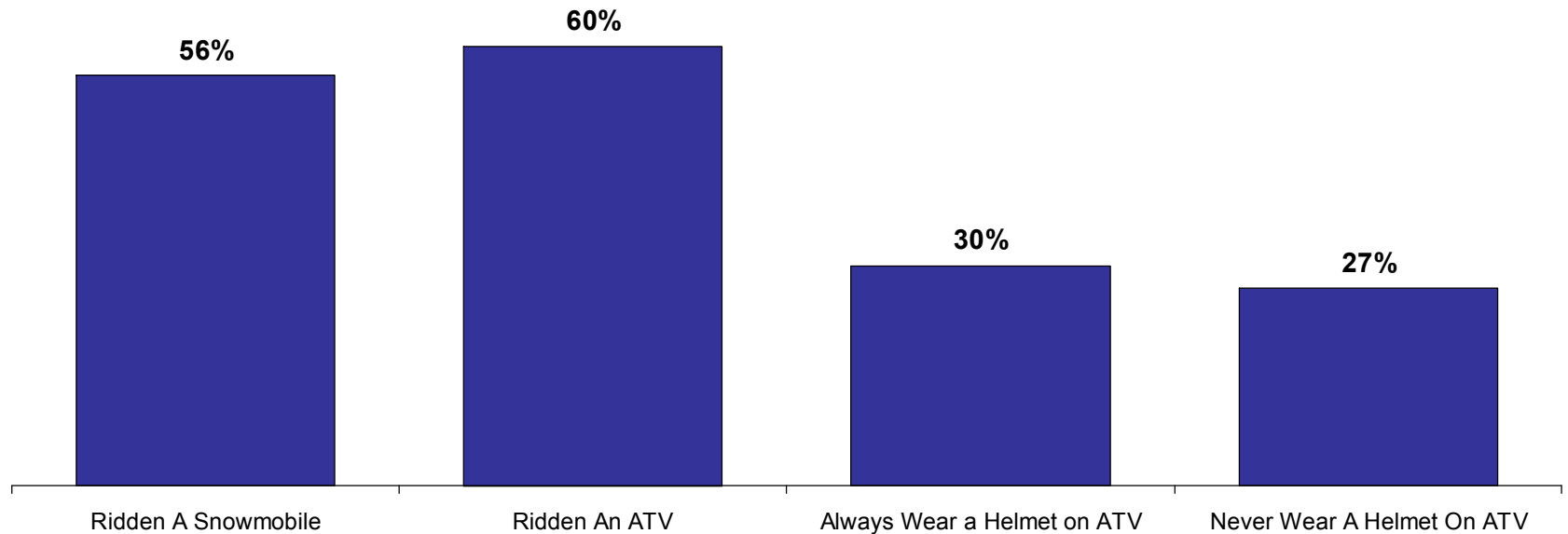
PREScription DRUGS AND INJURY PREVENTION

Prescription Drugs

- **One in seven students have used prescription drugs, such as Ritalin or OxyContin, without a doctor's prescription (14%).** High school students nearly three times as likely to have misused prescription drugs than middle school students (20% vs. 7%).

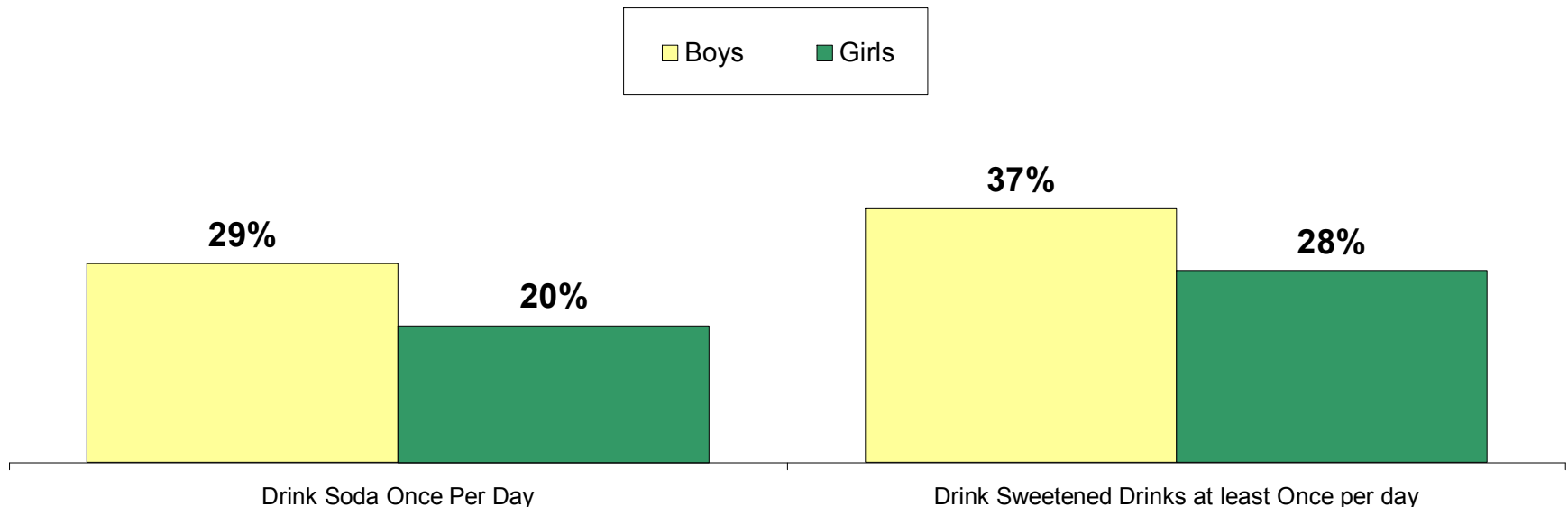
Injury Prevention

- **Over half of students have ridden either a snowmobile or an ATV in the past 12 months (56% and 60%, respectively).** One in six report riding weekly during the season (17% each).
- **Less than one-third report *always* wearing a helmet when using an ATV (30%);** over a quarter *never* wear a helmet (27%). High school students are less likely to always wear a helmet than middle school students (23% vs. 41%).



DIET

- **Almost one-quarter of students drink non-diet soda at least one time per week (76%).** One-quarter of students do not drink non-diet soda at all (24%). Another quarter drink non-diet soda at least one time per day (24%). Boys are more likely to drink non-diet soda at least once per day than girls (29% vs. 20%).
- **The majority of students drink sweetened beverages such as lemonade, sports drinks or KoolAid (not including 100% fruit juice) at least one time per week (86%).** One third of students drink sweetened beverages at least one time per day (32%). Boys are more likely than girls to drink these types of drinks at least once per day (37% vs. 28%).



APPENDIX A DATA TABLES*

*** Previous Vermont Youth Tobacco Surveys**

Where applicable, we have included results from the 2000, 2002 and 2004 Vermont Youth Tobacco Surveys for middle schools and the 2004 results for high schools. 2004 is the first year in which the response rate for VT high schools was sufficient for their inclusion.

PREVALENCE AND USE TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Have you ever tried cigarette smoking, even one or two puffs? (n=5,431)																	
Tried Smoking	35%	38%	36%	35%	6%	16%	24%	39%	44%	55%	56%	36%	31%	21%	16%	52%	49%
How old were you when you smoked a whole cigarette for the first time? (only those that have smoked a whole cigarette, n=1,295)																	
8 or younger	11%	12%	8%	13%	-	14%	17%	10%	9%	16%	6%	17%	19%	22%	18%	9%	10%
9 or 10 years old	12%	12%	10%	14%	-	30%	13%	18%	4%	11%	10%	21%	22%	21%	21%	10%	11%
11 or 12 years old	21%	26%	20%	21%	-	53%	35%	26%	21%	14%	12%	46%	42%	37%	41%	23%	17%
13 or 14 years old	32%	29%	35%	29%	-	3%	35%	42%	43%	25%	29%	15%	17%	26%	20%	31%	34%
15 or 16 years old	20%	19%	23%	17%	-	-	-	3%	22%	32%	30%	-	-	-	-	23%	23%
17 years old	4%	2%	4%	5%	-	-	-	-	0%	2%	14%	-	-	-	-	3%	5%

"n/a" = not available, "-" = insufficient sample size

PREVALENCE AND USE TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
About how many cigarettes have you smoked <u>in your entire life</u>? (only those that have smoked previously, n=1,679)																	
1 or more puffs	24%	18%	24%	23%	58%	40%	34%	25%	23%	21%	14%	32%	35%	33%	40%	14%	20%
1 cigarette	5%	7%	5%	6%	5%	16%	9%	6%	5%	2%	5%	8%	7%	12%	11%	6%	4%
2 to 15 cigarettes	24%	24%	23%	25%	26%	27%	26%	23%	29%	23%	18%	27%	27%	25%	26%	24%	24%
16 to 25 cigarettes	7%	7%	6%	8%	3%	5%	4%	8%	4%	10%	11%	8%	5%	7%	4%	7%	8%
25 to 99 cigarettes	10%	13%	12%	8%	0%	2%	15%	16%	9%	8%	10%	10%	8%	7%	8%	14%	10%
100+ cigarettes	29%	31%	29%	30%	7%	9%	12%	22%	31%	35%	41%	15%	15%	16%	10%	35%	33%
Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days? (N=5,552)																	
Smoked daily	10%	13%	11%	10%	0%	2%	4%	11%	13%	18%	22%	7%	8%	4%	2%	19%	16%
During the past 30 days, on how many days did you smoke cigarettes? (N=5,490)																	
0 days	87%	85%	86%	88%	99%	97%	94%	87%	81%	80%	75%	89%	91%	94%	96%	78%	81%
1 or more days	13%	15%	14%	12%	1%	3%	6%	13%	19%	20%	25%	11%	9%	6%	4%	22%	19%
20 or more days	6%	8%	6%	6%	0%	1%	2%	5%	7%	11%	14%	3%	3%	2%	1%	13%	9%

"n/a" = not available, "-" = insufficient sample size

PREVALENCE AND USE TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day? (only those that have smoked past 30 days, n=669)																	
< 1 cigarette per day	18%	13%	16%	20%	56%	32%	28%	22%	23%	12%	10%	28%	27%	22%	33%	11%	16%
1 cigarette per day	15%	16%	17%	13%	0%	26%	16%	20%	17%	8%	15%	21%	17%	26%	17%	14%	15%
2 to 5 cigarettes	35%	38%	34%	36%	19%	34%	34%	31%	27%	51%	31%	30%	30%	37%	32%	38%	36%
6 to 10 cigarettes	17%	18%	17%	18%	0%	4%	9%	15%	16%	18%	24%	11%	12%	7%	7%	20%	19%
11 to 20 cigarettes	9%	10%	11%	7%	0%	3%	3%	3%	8%	9%	17%	7%	6%	6%	2%	11%	10%
> 20 cigarettes	5%	4%	4%	6%	25%	1%	11%	9%	9%	1%	2%	3%	8%	3%	9%	5%	5%
During the past 30 days, on how many days did you smoke cigarettes on school property? (n=5,634)																	
0 days	95%	94%	96%	94%	100 %	99%	97%	96%	92%	91%	91%	96%	96%	98%	99%	91%	92%
1 or 2 days	2%	2%	2%	2%	0%	0%	1%	2%	4%	4%	4%	2%	2%	1%	1%	3%	3%
3 to 19 days	2%	2%	1%	2%	0%	0%	0%	1%	2%	3%	3%	1%	2%	1%	0%	4%	2%
20 to 29 days	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	1%	0%	0%	0%	0%	1%	1%
All 30 days	1%	1%	1%	1%	0%	0%	1%	1%	2%	1%	1%	0%	1%	0%	0%	2%	1%

"n/a" = not available, "-" = insufficient sample size

PREVALENCE AND USE TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
When was the last time you smoked a cigarette, even one or two puffs? (only those that have smoked previously, n=1,545)																	
Earlier today	17%	22%	16%	17%	5%	7%	10%	16%	16%	17%	25%	n/a	n/a	9%	8%	25%	18%
Between 1-7 days	16%	14%	17%	15%	8%	12%	12%	11%	20%	16%	21%	n/a	n/a	13%	11%	14%	17%
Between 8-30 days	7%	6%	8%	7%	0%	5%	4%	8%	10%	5%	7%	n/a	n/a	8%	4%	6%	8%
Between 31 days and 6 months	20%	16%	21%	19%	18%	16%	24%	22%	19%	23%	16%	n/a	n/a	19%	20%	16%	20%
Between 6 months and 1 year	11%	9%	11%	10%	4%	15%	13%	9%	14%	11%	9%	n/a	n/a	15%	12%	7%	11%
1 to 4 years	21%	24%	21%	21%	49%	37%	25%	22%	17%	22%	16%	n/a	n/a	29%	32%	23%	19%
5+ years	8%	8%	6%	10%	16%	9%	12%	12%	3%	6%	7%	n/a	n/a	7%	12%	8%	7%

"n/a" = not available, "-" = insufficient sample size

PREVALENCE AND USE TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen? (n=5,594)																	
Ever used chewing tobacco	17%	14%	10%	24%	7%	7%	11%	19%	18%	25%	31%	11%	11%	8%	8%	18%	23%
During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip? (n=5,638)																	
0 days	92%	95%	97%	88%	99%	97%	94%	91%	91%	88%	86%	97%	97%	97%	97%	94%	89%
1 or more days	8%	5%	3%	12%	1%	3%	6%	9%	9%	12%	14%	3%	3%	3%	3%	6%	11%
Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs? (n=5,578)																	
Ever tried	23%	25%	16%	29%	5%	6%	12%	21%	30%	35%	46%	20%	17%	14%	8%	33%	33%
During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars? (n=5,623)																	
0 days	91%	91%	95%	88%	99%	98%	95%	93%	88%	87%	83%	95%	97%	96%	97%	88%	87%
1 or more days	9%	9%	5%	12%	1%	2%	5%	7%	12%	13%	17%	5%	3%	4%	3%	12%	13%

"n/a" = not available, "-" = insufficient sample size

PREVALENCE AND USE TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Do you think that you will try a cigarette soon? (among those who haven't already tried a cigarette, n=4,312)																	
Think they will try a cigarette soon	9%	9%	9%	9%	4%	12%	10%	6%	10%	11%	13%	8%	6%	6%	8%	11%	10%
Do you think you will smoke a cigarette at anytime during the next year? (n=5,638)																	
Definitely Yes	9%	11%	9%	9%	1%	3%	5%	10%	12%	16%	17%	10%	7%	4%	3%	16%	14%
Probably Yes	8%	9%	9%	8%	2%	6%	4%	12%	11%	11%	12%	8%	6%	7%	4%	12%	11%
Probably Not	18%	16%	19%	17%	6%	19%	22%	21%	19%	20%	19%	20%	16%	14%	16%	17%	19%
Definitely Not	65%	64%	63%	66%	91%	72%	69%	58%	58%	54%	52%	62%	72%	75%	77%	55%	56%
Do you think you will be smoking cigarettes 5 years from now? (n=5,624)																	
Definitely Yes	3%	2%	2%	3%	1%	1%	3%	3%	4%	3%	3%	5%	3%	2%	2%	2%	3%
Probably Yes	8%	10%	9%	7%	3%	5%	6%	11%	9%	10%	8%	9%	7%	6%	5%	12%	10%
Probably Not	24%	24%	24%	24%	16%	23%	24%	26%	25%	27%	25%	27%	23%	22%	21%	25%	26%
Definitely Not	66%	64%	65%	66%	81%	70%	67%	61%	61%	59%	63%	60%	66%	70%	73%	60%	61%

"n/a" = not available, "-" = insufficient sample size

ACCESS TO TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 30 days, how did you usually get your own cigarettes? (only those who smoked during past 30 days, age < 18, n=659)																	
Store	9%	6%	4%	14%	-	16%	10%	2%	6%	10%	14%	n/a	n/a	4%	12%	6%	8%
Gave someone money	34%	42%	37%	32%	-	8%	14%	37%	31%	43%	46%	n/a	n/a	32%	12%	42%	38%
Borrowed	26%	27%	27%	25%	-	28%	33%	27%	28%	29%	14%	n/a	n/a	38%	28%	27%	25%
18+ year old gave them to me	10%	11%	11%	9%	-	5%	9%	11%	11%	10%	9%	n/a	n/a	8%	9%	11%	10%
Stole them	6%	10%	8%	4%	-	27%	15%	7%	4%	1%	1%	n/a	n/a	13%	20%	10%	4%
Bought over internet	2%	n/a	0%	3%	-	0%	1%	1%	3%	2%	1%	n/a	n/a	n/a	2%	n/a	2%
Some other way	13%	4%	13%	14%	-	16%	18%	15%	17%	6%	15%	n/a	n/a	5%	16%	4%	13%

"n/a" = not available, "-" = insufficient sample size

ACCESS TO TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 30 days, where did you buy the last pack of cigarettes you bought? (only those who bought cigarettes, under age 18, n=473)																	
Gas station	27%	27%	22%	32%	-	-	16%	26%	24%	34%	33%	14%	17%	14%	12%	30%	30%
Convenience store	22%	23%	25%	20%	-	-	6%	18%	24%	28%	30%	10%	16%	13%	6%	25%	25%
Grocery store	6%	5%	6%	7%	-	-	8%	4%	3%	5%	14%	5%	5%	2%	10%	6%	6%
Drugstore	2%	5%	0%	4%	-	-	13%	0%	1%	3%	0%	4%	3%	1%	7%	6%	1%
Vending machine	3%	4%	2%	5%	-	-	4%	4%	5%	2%	1%	4%	4%	6%	4%	3%	3%
Internet	2%	2%	1%	3%	-	-	2%	1%	2%	2%	4%	2%	3%	2%	2%	2%	2%
Other	36%	34%	44%	30%	-	-	51%	47%	40%	26%	17%	61%	53%	62%	60%	28%	33%
When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age? (only those who tried to buy cigarettes, under age 18, n=237)																	
Asked to show proof	39%	32%	40%	38%	-	-	-	-	29%	54%	56%	28%	22%	24%	-	34%	42%
During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age? (only those who tried to buy cigarettes, under age 18, n=288)																	
Refused to sell	38%	30%	34%	40%	-	-	-	-	27%	46%	61%	28%	27%	31%	-	29%	41%

"n/a" = not available, "-" = insufficient sample size

ACCESS TO TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
In the last 12 months have you bought cigarettes on the Internet? (n=5,610)																	
Bought over internet	5%	n/a	4%	7%	6%	4%	4%	5%	5%	7%	6%	-	-	-	5%	-	6%
During the past 30 days, how did you usually get your own chewing tobacco, snuff, or dip? (those that used chewing tobacco in past 30 days, age less than 18, n=384)																	
Store	26%	24%	34%	23%	-	-	33%	11%	18%	24%	26%	11%	28%	23%	48%	24%	19%
Gave someone money	23%	19%	8%	28%	-	-	14%	32%	28%	23%	21%	12%	17%	15%	11%	20%	27%
Borrowed	27%	28%	32%	26%	-	-	17%	31%	30%	32%	36%	27%	19%	27%	13%	29%	31%
18+ year old gave them to me	9%	11%	11%	9%	-	-	13%	15%	10%	8%	3%	15%	11%	13%	8%	11%	10%
Stole them	3%	4%	7%	2%	-	-	5%	3%	3%	6%	2%	8%	7%	11%	3%	2%	4%
Some other way	11%	14%	9%	11%	-	-	18%	9%	11%	7%	12%	27%	18%	11%	16%	15%	9%

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ACCESS TO TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 30 days, how did you usually get your own cigars, cigarillos, or little cigars (those that used chewing tobacco in past 30 days, age less than 18, n=406)																	
Store	11%	n/a	8%	12%	-	-	11%	10%	11%	9%	14%	n/a	n/a	n/a	12%	n/a	10%
Gave someone money	22%	n/a	9%	28%	-	-	13%	29%	24%	18%	25%	n/a	n/a	n/a	24%	n/a	22%
Borrowed	29%	n/a	36%	25%	-	-	43%	16%	29%	33%	34%	n/a	n/a	n/a	32%	n/a	28%
18+ year old gave them to me	17%	n/a	17%	17%	-	-	8%	21%	21%	24%	8%	n/a	n/a	n/a	8%	n/a	19%
Stole them	4%	n/a	3%	5%	-	-	5%	1%	5%	4%	2%	n/a	n/a	n/a	8%	n/a	3%
Some other way	17%	n/a	27%	14%	-	-	20%	23%	10%	12%	18%	n/a	n/a	n/a	17%	n/a	17%

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TOBACCO CESSATION TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Do you want to stop smoking cigarettes? (only those who smoked during past 30 days, n=624)																	
Want to stop	46%	56%	47%	45%	-	61%	40%	45%	46%	48%	45%	47%	51%	50%	49%	57%	46%
Have any of your friends or classmates urged you to quit smoking cigarettes? (only those who smoked during past 30 days, n=838)																	
Urged to stop	48%	59%	50%	46%	33%	30%	46%	44%	43%	45%	65%	n/a	n/a	42%	39%	51%	50%
During the past 12 months, did you ever try to quit smoking cigarettes? (only those who smoked during past 12 months, n=856)																	
Tried to quit	52%	58%	53%	50%	55%	64%	59%	41%	52%	52%	55%	56%	58%	60%	60%	57%	50%
How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking? (only those who smoked during past 12 months, n=866)																	
0 times	40%	38%	36%	44%	50%	34%	32%	45%	43%	39%	37%	46%	40%	34%	35%	39%	41%
1 time	20%	18%	22%	17%	34%	19%	21%	24%	18%	15%	23%	31%	18%	18%	22%	17%	19%
2 times	11%	13%	13%	9%	3%	15%	9%	10%	7%	14%	12%	10%	11%	11%	10%	13%	11%
3-5 times	12%	14%	15%	10%	0%	11%	5%	6%	16%	16%	14%	8%	11%	15%	6%	14%	13%
6-9 times	8%	4%	6%	10%	7%	2%	12%	5%	6%	10%	11%	1%	3%	4%	8%	5%	8%
10+ times	9%	13%	8%	10%	7%	20%	21%	9%	11%	7%	3%	4%	17%	18%	19%	12%	8%

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TOBACCO CESSATION TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
When you last tried to quit, how long did you stay off cigarettes? (only those who have smoked in past, n=1,185)																	
not tried to quit	36%	32%	37%	36%	16%	21%	31%	34%	43%	39%	37%	36%	33%	25%	25%	34%	39%
> 1 day	9%	8%	7%	10%	31%	4%	6%	11%	9%	6%	10%	5%	7%	10%	9%	7%	8%
1 – 7 days	15%	19%	18%	12%	0%	14%	16%	14%	11%	16%	22%	7%	9%	15%	13%	20%	16%
more than 7, >30 days	8%	10%	8%	8%	5%	4%	3%	5%	13%	8%	10%	8%	7%	12%	4%	9%	9%
30 days+, > 6 months	10%	10%	12%	8%	13%	11%	18%	15%	6%	9%	7%	11%	10%	9%	15%	10%	9%
6+ months	21%	22%	17%	26%	35%	47%	27%	21%	18%	21%	15%	32%	34%	28%	35%	20%	19%
Have you used an over the counter nicotine product like the Nicotine patch or Nicotine gum to help you quit smoking? (among smokers who attempted to quit, n=579)																	
Used OTC nicotine product	22%	10%	23%	20%	-	-	13%	17%	20%	19%	33%	n/a	n/a	8%	17%	11%	22%

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TOBACCO CESSATION TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 30 days, how did you usually get the nicotine patch or gum? (among those who used nicotine patch or gum, n=208)																	
Store	41%	n/a	48%	39%	-	-	-	-	19%	22%	36%	n/a	n/a	n/a	71%	n/a	28%
Gave someone money	9%	n/a	6%	12%	-	-	-	-	12%	17%	7%	n/a	n/a	n/a	5%	n/a	11%
Borrowed	17%	n/a	20%	13%	-	-	-	-	28%	15%	30%	n/a	n/a	n/a	7%	n/a	22%
18+ year old gave them to me	8%	n/a	9%	7%	-	-	-	-	11%	8%	8%	n/a	n/a	n/a	2%	n/a	11%
Stole them	12%	n/a	4%	18%	-	-	-	-	8%	35%	5%	n/a	n/a	n/a	6%	n/a	15%
Some other way	12%	n/a	13%	12%	-	-	-	-	22%	3%	15%	n/a	n/a	n/a	9%	n/a	13%
Do you think you would be able to quit smoking cigarettes now if you wanted to? ((only those who smoked during past 30 days, n=833)																	
Could quit now	75%	70%	74%	76%	90%	80%	76%	76^	69%	79%	69%	63%	62%	71%	80%	70%	74%
Have you ever participated in a program to help you quit using tobacco? (students who have ever smoked, n=1313)																	
Participated in program	12%	16%	12%	12%	11%	17%	20%	13%	12%	7%	11%	11%	12%	17%	18%	16%	11%

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EXPOSURE TO TOBACCO USE TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Which statement best describes the rules about smoking inside your home? (n=5,512)																	
not allowed in house	66%	65%	65%	68%	70%	64%	68%	68%	60%	65%	71%	n/a	n/a	65%	68%	65%	66%
allowed some places sometimes	13%	13%	13%	14%	13%	21%	12%	12%	16%	11%	9%	n/a	n/a	15%	15%	12%	12%
allowed anywhere	6%	7%	6%	6%	4%	4%	6%	7%	7%	9%	8%	n/a	n/a	6%	5%	8%	7%
no rules	14%	15%	16%	12%	13%	11%	13%	14%	17%	15%	13%	n/a	n/a	15%	13%	15%	15%
During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes? (n=5,489)																	
0 days	55%	53%	53%	56%	71%	63%	57%	54%	47%	48%	46%	42%	49%	58%	64%	49%	49%
1-2 days	16%	17%	17%	16%	9%	12%	16%	18%	22%	17%	20%	22%	18%	16%	12%	18%	19%
3-6 days	14%	13%	13%	14%	10%	13%	11%	12%	16%	17%	17%	13%	12%	12%	11%	14%	15%
7 days	15%	17%	17%	14%	10%	13%	16%	17%	16%	17%	17%	23%	21%	14%	13%	18%	17%

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EXPOSURE TO TOBACCO USE TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes? (n=5,539)																	
0 days	60%	59%	59%	60%	71%	68%	64%	54%	53%	54%	57%	55%	58%	64%	67%	55%	54%
1-2 days	16%	17%	16%	17%	11%	12%	15%	24%	19%	15%	17%	17%	16%	16%	13%	18%	19%
3-6 days	14%	13%	14%	14%	9%	12%	11%	11%	20%	20%	14%	15%	14%	11%	11%	15%	16%
7 days	10%	11%	11%	9%	9%	8%	10%	11%	8%	11%	12%	13%	13%	9%	9%	12%	11%
Does anyone who lives with you now smoke cigarettes? (n=5,362)																	
Lives with smoker	40%	40%	40%	39%	35%	45%	38%	41%	44%	43%	30%	45%	44%	39%	39%	40%	40%
Does anyone who lives with you now use chewing tobacco, snuff, or dip? (n=5,456)																	
Lives with someone who chews tobacco	14%	11%	13%	16%	10%	15%	12%	15%	17%	14%	16%	10%	10%	10%	13%	11%	16%

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EXPOSURE TO TOBACCO USE TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
How many of your four closest friends smoke cigarettes? (n=5,524)																	
none	60%	60%	61%	58%	86%	76%	71%	55%	49%	47%	36%	61%	67%	76%	78%	49%	47%
one	14%	13%	14%	15%	5%	9%	11%	14%	17%	20%	24%	13%	11%	7%	8%	17%	19%
two or more	19%	20%	20%	17%	3%	6%	10%	21%	28%	27%	35%	17%	14%	10%	6%	28%	27%
not sure	7%	6%	5%	10%	6%	9%	8%	10%	7%	6%	6%	9%	8%	7%	8%	6%	7%
How many of your four closest friends use chewing tobacco, snuff, or dip? (n=5,505)																	
none	69%	78%	76%	63%	88%	84%	80%	60%	65%	62%	88%	80%	84%	85%	84%	72%	59%
one	11%	9%	8%	13%	4%	5%	7%	16%	14%	13%	4%	5%	4%	5%	5%	11%	15%
two or more	12%	8%	10%	14%	1%	2%	5%	14%	14%	21%	1%	5%	4%	4%	3%	11%	19%
not sure	7%	6%	6%	9%	7%	9%	9%	10%	7%	5%	7%	9%	8%	6%	8%	6%	7%

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ATTITUDES AND BELIEFS ABOUT SMOKING TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
If one of your best friends offered you a cigarette, would you smoke it? (n=5,622)																	
Definitely Yes	8%	10%	8%	8%	2%	2%	5%	8%	12%	13%	15%	8%	6%	4%	3%	14%	12%
Probably Yes	9%	9%	10%	7%	2%	6%	7%	12%	10%	9%	11%	9%	7%	6%	5%	12%	11%
Probably Not	17%	16%	17%	17%	9%	18%	18%	16%	19%	23%	19%	20%	17%	14%	15%	17%	19%
Definitely Not	66%	65%	65%	67%	88%	74%	70%	64%	59%	55%	56%	63%	70%	76%	77%	57%	58%
Do you think young people who smoke cigarettes have more friends? (n=5,560)																	
Definitely Yes	4%	3%	4%	5%	3%	3%	4%	4%	5%	5%	6%	5%	4%	3%	3%	3%	5%
Probably Yes	10%	10%	10%	10%	5%	10%	10%	12%	11%	13%	7%	12%	11%	8%	8%	11%	11%
Probably Not	45%	49%	46%	44%	42%	40%	45%	49%	48%	43%	44%	44%	42%	49%	42%	48%	46%
Definitely Not	41%	39%	41%	41%	50%	47%	41%	34%	36%	40%	42%	39%	43%	40%	46%	38%	38%

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ATTITUDES AND BELIEFS ABOUT SMOKING TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Do you think smoking cigarettes makes young people look cool or fit in? (n=5,636)																	
Definitely Yes	3%	3%	2%	4%	2%	2%	3%	3%	5%	3%	5%	5%	5%	2%	2%	3%	4%
Probably Yes	5%	6%	5%	5%	4%	4%	5%	8%	4%	5%	5%	8%	6%	6%	4%	6%	6%
Probably Not	18%	17%	16%	19%	10%	15%	14%	20%	23%	20%	19%	18%	14%	14%	13%	20%	21%
Definitely Not	74%	74%	77%	72%	85%	79%	78%	69%	68%	73%	71%	69%	75%	78%	80%	71%	70%
Do you believe cigarette smoking helps people relax? (n=5,616)																	
Definitely Yes	13%	13%	12%	14%	4%	4%	9%	16%	13%	20%	23%	n/a	n/a	8%	6%	18%	18%
Probably Yes	28%	29%	29%	27%	15%	22%	26%	27%	34%	33%	36%	n/a	n/a	23%	21%	33%	32%
Probably Not	19%	22%	19%	20%	21%	20%	24%	21%	22%	15%	14%	n/a	n/a	25%	22%	20%	18%
Definitely Not	40%	36%	40%	39%	60%	53%	42%	37%	31%	33%	27%	n/a	n/a	45%	51%	29%	32%

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ATTITUDES AND BELIEFS ABOUT SMOKING TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Do you think young people risk harming themselves if they smoke from 1 - 5 cigarettes per day? (n=5,597)																	
Definitely Yes	70%	71%	71%	68%	75%	69%	71%	72%	69%	67%	66%	67%	67%	72%	72%	71%	68%
Probably Yes	18%	21%	18%	18%	11%	18%	16%	15%	20%	20%	21%	20%	18%	19%	15%	22%	19%
Probably Not	4%	4%	4%	4%	2%	2%	3%	5%	6%	4%	3%	4%	5%	4%	3%	4%	5%
Definitely Not	9%	4%	8%	10%	12%	11%	9%	8%	6%	8%	9%	9%	10%	5%	11%	4%	8%
Do you believe that light (low-tar) cigarettes are less risky than regular (full-flavor) cigarettes? (n=5,473)																	
Do <u>NOT</u> believe less risky	84%	80%	89%	80%	83%	83%	85%	82%	84%	90%	84%	n/a	n/a	78%	84%	82%	85%
Do you think it is safe to smoke for only a year or two, as long as you quit after that? (n=5,621)																	
Definitely Yes	4%	5%	3%	6%	1%	3%	5%	5%	4%	4%	6%	5%	6%	4%	3%	5%	5%
Probably Yes	8%	8%	6%	10%	4%	7%	5%	11%	11%	7%	11%	9%	6%	7%	5%	9%	10%
Probably Not	25%	30%	26%	24%	16%	23%	22%	24%	27%	29%	29%	26%	24%	26%	20%	32%	28%
Definitely Not	63%	57%	65%	61%	79%	67%	69%	60%	57%	59%	53%	60%	65%	63%	72%	53%	57%

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ATTITUDES AND BELIEFS ABOUT SMOKING TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Out of 100 Vermont high school students, how many do you think smoke cigarettes? (n=5,593)																	
<=25%	33%	38%	29%	37%	38%	34%	28%	32%	29%	36%	33%	17%	27%	40%	33%	36%	33%
26%-40%	23%	23%	23%	22%	24%	23%	25%	21%	25%	22%	21%	20%	20%	22%	24%	24%	22%
41%-55%	17%	16%	18%	16%	14%	16%	19%	20%	16%	17%	19%	16%	17%	15%	16%	16%	18%
56% +	27%	23%	29%	25%	24%	27%	29%	26%	30%	25%	27%	46%	36%	22%	27%	23%	27%
Please choose the correct response: out of 10 Vermont teens, how many choose not to smoke cigarettes? (n=4,477)																	
2	14%	9%	13%	16%	18%	13%	11%	12%	15%	19%	16%	n/a	n/a	8%	13%	9%	15%
4	18%	12%	18%	18%	24%	19%	18%	16%	19%	15%	15%	n/a	n/a	12%	20%	12%	16%
6	19%	11%	17%	20%	14%	16%	19%	23%	21%	16%	22%	n/a	n/a	11%	16%	10%	20%
8	44%	65%	47%	41%	32%	44%	48%	43%	40%	50%	45%	n/a	n/a	63%	42%	67%	45%
10	5%	4%	5%	5%	12%	9%	4%	5%	5%	1%	2%	n/a	n/a	6%	8%	2%	3%

"n/a" = not available, "-" = insufficient sample size

ATTITUDES AND BELIEFS ABOUT SMOKING TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 30 days, how many commercials have you seen on TV about NOT smoking cigarettes? (those who had watched TV, n=4,826)																	
A lot	26%	35%	24%	27%	21%	24%	24%	29%	25%	30%	27%	n/a	n/a	36%	23%	34%	28%
A few	56%	54%	56%	55%	56%	50%	58%	52%	55%	59%	60%	n/a	n/a	54%	55%	54%	56%
None	18%	11%	19%	18%	23%	26%	17%	19%	20%	10%	13%	n/a	n/a	10%	22%	12%	16%
Do you think the smoke from other peoples' cigarettes is harmful to you? (n=5,504)																	
Definitely Yes	78%	79%	80%	75%	83%	83%	79%	74%	72%	78%	76%	71%	72%	78%	82%	79%	75%
Probably Yes	16%	16%	15%	16%	12%	13%	16%	17%	20%	16%	14%	19%	18%	16%	14%	16%	17%
Probably Not	4%	2%	3%	5%	2%	2%	3%	5%	5%	4%	5%	4%	4%	2%	2%	2%	5%
Definitely Not	3%	3%	2%	4%	3%	2%	2%	4%	3%	2%	5%	5%	6%	3%	2%	3%	3%

"n/a" = not available, "-" = insufficient sample size

FAMILY AND COMMUNITY MESSAGES ABOUT TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During this school year, were you taught in any of your classes about the dangers of tobacco use? (n=5,576)																	
Taught about dangers	46%	47%	43%	49%	65%	67%	64%	40%	35%	31%	24%	n/a	72%	63%	65%	36%	33%
During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)? (n=5,559)																	
Practiced saying NO	24%	26%	21%	26%	41%	39%	37%	21%	13%	11%	7%	44%	47%	41%	39%	15%	13%
During this school year, were you taught in any of your classes that most people your age do not smoke cigarettes? (n=5,585)																	
Taught that most students do not smoke	18%	22%	15%	20%	31%	22%	22%	15%	9%	16%	10%	n/a	n/a	32%	25%	15%	13%
Does your school have any special groups or classes for students who want to quit using tobacco? (n=5,561)																	
Has special classes	14%	27%	14%	15%	3%	12%	18%	14%	15%	20%	19%	n/a	n/a	14%	11%	37%	17%
As far as you know, do any teachers or other school employees smoke on your school's campus? (n=5,718)																	
Believe teachers smoke	20%	25%	20%	21%	11%	15%	15%	24%	20%	27%	27%	n/a	n/a	19%	14%	30%	25%

"n/a" = not available, "-" = insufficient sample size

FAMILY AND COMMUNITY MESSAGES ABOUT TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you? (n=5,610)																	
Never	34%	37%	32%	35%	27%	26%	30%	35%	36%	36%	45%	n/a	32%	31%	27%	41%	38%
Rarely	23%	23%	24%	22%	19%	23%	23%	24%	27%	24%	21%	n/a	19%	23%	22%	23%	24%
Sometimes	25%	24%	26%	25%	28%	30%	30%	22%	25%	24%	18%	n/a	25%	28%	29%	21%	23%
Often	12%	10%	11%	13%	18%	16%	12%	13%	8%	9%	10%	n/a	15%	11%	15%	10%	10%
Very Often	6%	6%	7%	5%	8%	5%	5%	5%	5%	6%	6%	n/a	9%	7%	6%	4%	5%
During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars? (n=5,452)																	
Participated in event	13%	13%	16%	10%	9%	16%	18%	11%	11%	16%	11%	15%	14%	16%	15%	11%	12%
In the past 12 months, has a doctor or someone in a doctor's office talked to you about the danger of tobacco use? (visited a doctor in past 12 months, n=4,937)																	
MD spoke about dangers	30%	30%	33%	28%	33%	24%	22%	37%	33%	33%	30%	n/a	n/a	25%	26%	35%	33%
In the past 12 months, has a dentist or someone in a dentist's office talked to you about the danger of tobacco use? (visited a dentist in past 12 months, n=4,885)																	
Dentist spoke about dangers	15%	17%	13%	17%	21%	16%	12%	15%	15%	15%	14%	n/a	n/a	17%	16%	18%	15%

"n/a" = not available, "-" = insufficient sample size

MEDIA MESSAGES ABOUT TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking? (n=5,588)																	
not last 30 days	27%	23%	25%	30%	37%	34%	28%	30%	20%	20%	23%	n/a	n/a	26%	33%	21%	23%
1-3 in last 30	23%	23%	24%	23%	23%	20%	23%	22%	25%	23%	26%	n/a	n/a	21%	22%	24%	24%
1-3 per week	18%	21%	19%	17%	12%	16%	17%	16%	23%	23%	18%	n/a	n/a	17%	15%	24%	20%
daily	21%	22%	22%	20%	17%	18%	20%	23%	22%	22%	23%	n/a	n/a	22%	18%	23%	22%
> 1 a day	11%	11%	11%	11%	11%	12%	12%	10%	11%	12%	9%	n/a	n/a	14%	11%	9%	11%
Have you seen any television ads or heard any radio ads that talked about how many teens in Vermont choose NOT to smoke? (n=5,430)																	
Seen or heard ads	47%	70%	50%	44%	37%	46%	49%	45%	49%	52%	50%	n/a	n/a	69%	44%	71%	49%
Have you seen any television or movie ads talking about how Hollywood helps tobacco companies sell cigarettes? (n=5,466)																	
Seen TV/ movie ads	44%	42%	42%	45%	26%	36%	43%	48%	46%	53%	52%	n/a	n/a	33%	35%	48%	49%

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MEDIA MESSAGES ABOUT TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Do you think Hollywood should change how much smoking is shown in movies? (n=5,535)																	
Yes, show less	42%	41%	50%	35%	60%	60%	47%	38%	30%	36%	27%	n/a	n/a	52%	56%	34%	33%
Yes, show more	3%	3%	2%	4%	1%	2%	2%	4%	3%	2%	5%	n/a	n/a	2%	2%	3%	4%
No, keep same	15%	16%	13%	17%	10%	13%	15%	13%	16%	19%	15%	n/a	n/a	11%	13%	19%	16%
No opinion	40%	40%	36%	44%	28%	25%	35%	45%	51%	43%	53%	n/a	n/a	34%	30%	44%	47%

"n/a" = not available, "-" = insufficient sample size

MEDIA MESSAGES ABOUT TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
When you watch TV or go to movies, how often do you see actors using tobacco? (those who watched TV and/or movies, n=5,261)																	
most of time	25%	25%	23%	27%	18%	25%	23%	28%	26%	24%	29%	32%	32%	26%	22%	24%	27%
some of time	56%	57%	58%	53%	51%	54%	56%	53%	59%	65%	52%	52%	48%	53%	54%	60%	57%
hardly ever	16%	15%	16%	15%	25%	16%	19%	14%	13%	9%	14%	13%	16%	16%	20%	14%	13%
never	4%	3%	3%	5%	6%	4%	3%	4%	3%	3%	5%	4%	4%	4%	5%	2%	4%
When you watch TV, how often do you see athletes using tobacco? (those who watch TV, n=5,031)																	
most of time	5%	5%	5%	6%	4%	6%	6%	5%	7%	3%	7%	6%	5%	6%	6%	5%	5%
some of time	18%	14%	18%	18%	21%	19%	15%	21%	19%	16%	12%	15%	13%	14%	18%	15%	17%
hardly ever	47%	42%	49%	45%	34%	44%	50%	44%	49%	52%	56%	44%	41%	39%	43%	44%	49%
never	30%	38%	29%	31%	41%	30%	29%	30%	25%	29%	24%	36%	41%	41%	33%	37%	28%

"n/a" = not available, "-" = insufficient sample size

MEDIA MESSAGES ABOUT TOBACCO TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
When you are using the Internet, how often do you see ads for tobacco products? (those who used the internet, n=4,897)																	
most of time	8%	8%	8%	8%	6%	6%	7%	10%	8%	6%	9%	11%	10%	8%	7%	8%	9%
some of time	22%	22%	21%	22%	19%	23%	23%	22%	21%	20%	22%	21%	21%	22%	22%	21%	22%
hardly ever	37%	39%	39%	35%	35%	32%	40%	36%	43%	43%	31%	37%	36%	37%	36%	40%	38%
never	34%	32%	33%	35%	39%	39%	31%	32%	28%	31%	39%	31%	33%	32%	36%	31%	32%

“n/a” = not available, “-” = insufficient sample size

ASTHMA TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Has a doctor or nurse ever told you that you have asthma? (n=5,468)																	
Had been told	21%	22%	22%	19%	19%	21%	20%	21%	23%	20%	20%	n/a	18%	20%	20%	24%	21%
During the past 12 months have you had an episode of asthma or an asthma attack? (Those who have asthma, n=1,376)																	
Had an asthma attack	27%	n/a	32%	23%	35%	22%	33%	25%	27%	20%	29%	n/a	n/a	n/a	30%	n/a	25%
A written management plan or action plan is a piece of paper that your doctor fills out with information about medicines, asthma triggers, and what to do when you have an asthma attack. In the past 12 months, have you and your doctor worked out a written plan for taking care of your asthma? (Those who have asthma, n=1,327)																	
Had a written plan	18%	n/a	17%	20%	25%	16%	21%	15%	13%	18%	20%	n/a	n/a	n/a	21%	n/a	16%
During the past 12 months, how many times have you seen a doctor for a routine checkup for your asthma? (Those who have asthma, n=1,374)																	
None	43%	n/a	40%	46%	35%	31%	37%	41%	53%	43%	53%	n/a	n/a	n/a	34%	n/a	48%
1 visit	23%	n/a	26%	19%	18%	31%	24%	19%	19%	24%	24%	n/a	n/a	n/a	24%	n/a	21%
2, 3, or 4 visits	15%	n/a	14%	16%	12%	18%	17%	27%	11%	8%	11%	n/a	n/a	n/a	16%	n/a	14%
5, 6, or 7 visits	3%	n/a	4%	2%	3%	0%	3%	2%	2%	11%	3%	n/a	n/a	n/a	2%	n/a	4%
8 or more visits	3%	n/a	4%	2%	5%	3%	4%	2%	1%	0%	7%	n/a	n/a	n/a	4%	n/a	3%
Not sure	13%	n/a	12%	14%	27%	17%	16%	10%	14%	14%	1%	n/a	n/a	n/a	20%	n/a	10%

"n/a" = not available, "-" = insufficient sample size

MENTAL HEALTH TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
In the past 2 weeks, how often have you been bothered by little interest or pleasure in doing things? (n=5,415)																	
Not at all	70%	n/a	68%	72%	78%	72%	74%	69%	65%	65%	68%	n/a	n/a	n/a	75%	n/a	66%
Several days	21%	n/a	22%	19%	14%	16%	18%	22%	24%	25%	25%	n/a	n/a	n/a	16%	n/a	24%
More than half the days	4%	n/a	5%	4%	2%	3%	4%	4%	6%	6%	3%	n/a	n/a	n/a	3%	n/a	5%
Nearly every day	5%	n/a	5%	5%	6%	9%	3%	5%	5%	4%	4%	n/a	n/a	n/a	6%	n/a	5%
In the past 2 weeks, how often have you been bothered by feeling down, depressed or hopeless? (n=5,448)																	
Not at all	62%	n/a	56%	67%	73%	68%	64%	58%	58%	55%	58%	n/a	n/a	n/a	68%	n/a	57%
Several days	26%	n/a	29%	23%	21%	22%	24%	26%	27%	32%	29%	n/a	n/a	n/a	22%	n/a	29%
More than half the days	5%	n/a	6%	5%	3%	3%	3%	7%	9%	6%	4%	n/a	n/a	n/a	3%	n/a	7%
Nearly every day	7%	n/a	8%	6%	4%	7%	9%	9%	6%	6%	9%	n/a	n/a	n/a	6%	n/a	7%

"n/a" = not available, "-" = insufficient sample size

MENTAL HEALTH TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose? (n=5,505)																	
0 times	83%	n/a	80%	85%	93%	85%	80%	80%	79%	82%	82%	n/a	n/a	n/a	86%	n/a	80%
1 time	6%	n/a	6%	5%	3%	6%	7%	7%	5%	5%	6%	n/a	n/a	n/a	5%	n/a	6%
2 or 3 times	4%	n/a	5%	3%	2%	4%	6%	4%	5%	4%	4%	n/a	n/a	n/a	4%	n/a	4%
4 or 5 times	2%	n/a	3%	2%	0%	1%	2%	3%	2%	3%	2%	n/a	n/a	n/a	1%	n/a	3%
6 or 7 times	1%	n/a	1%	1%	0%	0%	0%	1%	3%	1%	1%	n/a	n/a	n/a	0%	n/a	1%
8 or 9 times	1%	n/a	1%	0%	0%	0%	1%	1%	1%	1%	0%	n/a	n/a	n/a	0%	n/a	1%
10 or 11 times	1%	n/a	1%	1%	1%	0%	1%	1%	1%	1%	2%	n/a	n/a	n/a	1%	n/a	1%
12 or more times	3%	n/a	3%	3%	0%	3%	4%	4%	5%	4%	3%	n/a	n/a	n/a	2%	n/a	4%

"n/a" = not available, "-" = insufficient sample size

DIABETES AND BULLYING TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
Have you EVER been told by a doctor that you have diabetes?* (n=5,421)																	
Have been told	5%	n/a	3%	7%	3%	4%	4%	9%	6%	6%	5%	n/a	n/a	n/a	4%	n/a	7%
Are you now taking insulin?* (Those with diabetes, n=208)																	
Are taking insulin	39%	n/a	36%	41%	19%	51%	35%	48%	52%	43%	16%	n/a	n/a	n/a	36%	n/a	41%
If you saw a peer being bullied or harassed, what would you do? (n=5,457)																	
Confront the bully	35%	n/a	29%	41%	27%	31%	35%	35%	33%	42%	44%	n/a	n/a	n/a	31%	n/a	38%
Ignore the situation	13%	n/a	11%	15%	6%	9%	14%	17%	18%	14%	12%	n/a	n/a	n/a	10%	n/a	15%
Try to help the person being bullied	31%	n/a	35%	28%	23%	30%	31%	36%	35%	31%	30%	n/a	n/a	n/a	28%	n/a	33%
Tell an adult	18%	n/a	24%	12%	43%	27%	17%	10%	11%	11%	10%	n/a	n/a	n/a	28%	n/a	10%
Join the bully	3%	n/a	1%	4%	1%	4%	4%	3%	3%	3%	4%	n/a	n/a	n/a	3%	n/a	3%

* (The overall prevalence rate for diabetes reported here is more than ten times higher than the national rate for students this age. The Vermont Diabetes Prevention and Control Program does not recommend using these numbers. Further exploration is warranted to determine if students did not understand this question.)

"n/a" = not available, "-" = insufficient sample size

CANCER PREVENTION AND PRESCRIPTION DRUG TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
If you go outside on a sunny day for more than an hour do you use sunscreen or sunblock with a sun protective factor (or SPF) of 15 or higher? (n=5,448)																	
Definitely Yes	15%	n/a	18%	12%	28%	13%	16%	12%	11%	12%	13%	n/a	n/a	n/a	19%	n/a	12%
Probably Yes	26%	n/a	29%	23%	31%	34%	27%	24%	25%	25%	17%	n/a	n/a	n/a	30%	n/a	23%
Probably Not	37%	n/a	37%	37%	27%	34%	34%	42%	39%	37%	44%	n/a	n/a	n/a	31%	n/a	40%
Definitely Not	22%	n/a	16%	28%	15%	19%	23%	23%	25%	27%	26%	n/a	n/a	n/a	19%	n/a	25%
In the past 12 months have you used a tanning booth or a sun lamp? (n=5,289)																	
Yes	15%	n/a	22%	9%	4%	8%	10%	15%	19%	24%	26%	n/a	n/a	n/a	7%	n/a	21%
During your life, how many times have you taken a prescription drug such as Ritalin, OxyContin or Vicodin without a doctor's prescription? (n=5,499)																	
0 times	86%	n/a	88%	83%	98%	93%	90%	86%	80%	79%	76%	n/a	n/a	n/a	93%	n/a	80%
1 or 2 times	6%	n/a	5%	6%	1%	5%	4%	5%	9%	7%	10%	n/a	n/a	n/a	3%	n/a	8%
3 to 9 times	4%	n/a	4%	5%	1%	1%	2%	5%	6%	6%	6%	n/a	n/a	n/a	1%	n/a	6%
10 to 19 times	1%	n/a	1%	1%	0%	1%	1%	2%	1%	1%	2%	n/a	n/a	n/a	1%	n/a	2%
20 to 39 times	1%	n/a	0%	1%	0%	0%	1%	1%	1%	2%	1%	n/a	n/a	n/a	1%	n/a	1%
40 or more times	2%	n/a	1%	3%	0%	0%	1%	2%	3%	5%	5%	n/a	n/a	n/a	1%	n/a	4%

"n/a" = not available, "-" = insufficient sample size

INJURY PREVENTION TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
In the past 12 months, how often have you ridden on a snowmobile? (n=5,374)																	
Never	44%	n/a	46%	42%	48%	44%	46%	43%	44%	41%	41%	n/a	n/a	n/a	46%	n/a	43%
Once or twice	25%	n/a	28%	23%	25%	26%	22%	27%	24%	27%	27%	n/a	n/a	n/a	24%	n/a	26%
Monthly during season	14%	n/a	14%	14%	14%	13%	15%	14%	15%	16%	13%	n/a	n/a	n/a	14%	n/a	14%
Weekly during season	17%	n/a	12%	21%	13%	18%	18%	16%	17%	16%	18%	n/a	n/a	n/a	16%	n/a	17%
In the past 12 months, how often have you ridden on an ATV (All Terrain Vehicle, including 3 and 4 wheelers and dirt bikes)? (n=5,417)																	
Never	40%	n/a	43%	37%	47%	38%	39%	42%	40%	39%	38%	n/a	n/a	n/a	41%	n/a	39%
Once or twice	24%	n/a	26%	23%	19%	20%	24%	23%	27%	28%	30%	n/a	n/a	n/a	21%	n/a	27%
Monthly during season	18%	n/a	17%	19%	18%	18%	16%	19%	18%	19%	18%	n/a	n/a	n/a	17%	n/a	19%
Weekly during season	17%	n/a	14%	21%	16%	24%	21%	17%	14%	14%	14%	n/a	n/a	n/a	21%	n/a	15%

"n/a" = not available, "-" = insufficient sample size

INJURY TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
In the past 12 months when you rode an ATV (All Terrain Vehicle, including 3 and 4 wheelers and dirt bikes), how often did you wear a helmet? (Those who rode an ATV, n=2,926)																	
Never	27%	n/a	27%	27%	13%	15%	21%	31%	29%	35%	38%	n/a	n/a	n/a	17%	n/a	33%
Rarely	14%	n/a	13%	15%	8%	12%	15%	16%	19%	13%	13%	n/a	n/a	n/a	12%	n/a	15%
Sometimes	13%	n/a	14%	12%	9%	15%	13%	18%	15%	11%	9%	n/a	n/a	n/a	13%	n/a	13%
Most of the time	17%	n/a	16%	17%	15%	20%	18%	15%	15%	17%	15%	n/a	n/a	n/a	18%	n/a	16%
Always	30%	n/a	30%	29%	54%	37%	32%	20%	22%	23%	25%	n/a	n/a	n/a	41%	n/a	23%

"n/a" = not available, "-" = insufficient sample size

DIET TABLES

	OVERALL		GENDER		GRADE							MIDDLE SCHOOL				HIGH SCHOOL	
	2006 Total	2004 Total	Female	Male	6 th	7 th	8 th	9 th	10 th	11 th	12 th	2000	2002	2004	2006	2004	2006
During the past 7 days, how many times did you drink soda (not including diet soda)? (n=5,432)																	
Did not drink soda	24%	n/a	28%	19%	36%	20%	21%	21%	21%	23%	23%	n/a	n/a	n/a	26%	n/a	22%
1-3 times per week	40%	n/a	42%	37%	41%	44%	36%	42%	40%	37%	37%	n/a	n/a	n/a	40%	n/a	39%
4-6 times per week	13%	n/a	10%	15%	10%	13%	12%	11%	15%	13%	15%	n/a	n/a	n/a	12%	n/a	13%
1 time per day	6%	n/a	5%	7%	3%	7%	7%	9%	6%	6%	6%	n/a	n/a	n/a	6%	n/a	7%
2 times per day	7%	n/a	7%	8%	4%	7%	10%	7%	6%	10%	8%	n/a	n/a	n/a	7%	n/a	8%
3+ times per day	11%	n/a	8%	14%	6%	10%	13%	10%	12%	12%	11%	n/a	n/a	n/a	10%	n/a	11%
How often do you drink sweetened beverages such as lemonade, sweetened iced tea, sports drinks, KoolAid or other fruit drinks? (Do not include 100% fruit juices) (n=5,402)																	
Did not drink	14%	n/a	16%	13%	21%	15%	12%	13%	13%	14%	13%	n/a	n/a	n/a	16%	n/a	13%
1-3 times	37%	n/a	42%	33%	38%	40%	33%	34%	37%	34%	44%	n/a	n/a	n/a	37%	n/a	37%
4-6 times	16%	n/a	15%	18%	15%	16%	19%	17%	15%	18%	13%	n/a	n/a	n/a	17%	n/a	16%
1 time per day	10%	n/a	8%	12%	10%	7%	10%	10%	11%	11%	9%	n/a	n/a	n/a	9%	n/a	10%
2 times per day	9%	n/a	8%	10%	7%	10%	9%	11%	9%	10%	9%	n/a	n/a	n/a	9%	n/a	9%
3+ times per day	13%	n/a	11%	16%	9%	13%	18%	15%	14%	13%	12%	n/a	n/a	n/a	13%	n/a	14%

"n/a" = not available, "-" = insufficient sample size

APPENDIX B

2004 VERMONT YOUTH TOBACCO SURVEY QUESTIONNAIRE

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

THE FIRST QUESTIONS ASK FOR SOME BACKGROUND INFORMATION ABOUT YOURSELF.

1. How old are you?

- a. 12 years old or younger
- b. 13 years old
- c. 14 years old
- d. 15 years old
- e. 16 years old
- f. 17 years old
- g. 18 years old
- h. 19 years old or older

2. What is your sex?

- a. Female
- b. Male

3. What grade are you in?

- a. 6th
- b. 7th
- c. 8th
- d. 9th
- e. 10th
- f. 11th
- g. 12th
- h. Ungraded or other grade

4. How do you describe yourself? (CHOOSE ONE ANSWER, or MORE THAN ONE)

- a. American Indian or Alaskan Native
- b. Asian
- c. Black or African American
- d. Hispanic or Latino
- e. Native Hawaiian or Other Pacific Islander
- f. White

5. Which one of these groups BEST describes you? (CHOOSE ONLY ONE ANSWER)

- a. American Indian or Alaska Native
- b. Asian
- c. Black or African American
- d. Hispanic or Latino
- e. Native Hawaiian or Other Pacific Islander
- f. White

6. How tall are you without your shoes on?

Directions: Write your height in the blank boxes. Fill in the matching oval below each number.
Example:

Height			Height	
Feet	Inches		Feet	Inches
5	6			
3	0		3	0
4	1		4	1
5	2		5	2
6	3		6	3
7	4		7	4
	5			5
	6			6
	7			7
	8			8
	9			9
	10			10
	11			11

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

7. How much do you weigh without your shoes on?
Directions: Write your weight in the blank boxes. Fill in the matching oval below each number.

Example:

Weight		
Pounds		
1	4	2
0	0	0
1	1	1
2	2	2
3	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9

Weight		
Pounds		
0	0	0
1	1	1
2	2	2
3	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9

THE NEXT GROUP OF QUESTIONS ASK ABOUT TOBACCO USE.

Cigarette Smoking

8. Have you ever tried cigarette smoking, even one or two puffs?
- Yes
 - No

9. How old were you when you smoked a whole cigarette for the first time?

- I have never smoked a whole cigarette
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

10. About how many cigarettes have you smoked in your entire life?

- None
- 1 or more puffs but never a whole cigarette
- 1 cigarette
- 2 to 5 cigarettes
- 6 to 15 cigarettes (about 1/2 a pack total)
- 16 to 25 cigarettes (about 1 pack total)
- 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
- 100 or more cigarettes (5 or more packs)

11. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

- Yes
- No

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

12. During the past 30 days, on how many days did you smoke cigarettes?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

13. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

- a. I did not smoke cigarettes during the past 30 days
- b. Less than 1 cigarette per day
- c. 1 cigarette per day
- d. 2 to 5 cigarettes per day
- e. 6 to 10 cigarettes per day
- f. 11 to 20 cigarettes per day
- g. More than 20 cigarettes per day

14. During the past 30 days, how did you usually get your own cigarettes?

(CHOOSE ONLY ONE ANSWER)

- a. I did not smoke cigarettes during the past 30 days
- b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- c. I gave someone else money to buy them for me
- d. I borrowed (or bummed) them from someone else
- e. A person 18 years old or older gave them to me
- f. I took them from a store or family member
- g. I bought them over the Internet
- h. I got them some other way

15. During the past 30 days, where did you buy the last pack of cigarettes you bought?

(CHOOSE ONLY ONE ANSWER)

- a. I did not buy a pack of cigarettes during the past 30 days
- b. A gas station
- c. A convenience store
- d. A grocery store
- e. A drugstore
- f. A vending machine
- g. I bought them over the Internet
- h. Other

16. When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?

- a. I did not try to buy cigarettes in a store during the past 30 days
- b. Yes, I was asked to show proof of age
- c. No, I was not asked to show proof of age

17. During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?

- a. I did not try to buy cigarettes in a store during the past 30 days
- b. Yes, someone refused to sell me cigarettes because of my age
- c. No, no one refused to sell me cigarettes because of my age

18. In the last 12 months have you bought cigarettes on the Internet?

- a. Yes
- b. No

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

19. During the past 30 days, on how many days did you smoke cigarettes on school property?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

20. When was the last time you smoked a cigarette, even one or two puffs?

- a. I have never smoked even one or two puffs
- b. Earlier today
- c. Not today but sometime during the past 7 days
- d. Not during the past 7 days but sometime during the past 30 days
- e. Not during the past 30 days but sometime during the past 6 months
- f. Not during the past 6 months but sometime during the past year
- g. 1 to 4 years ago
- h. 5 or more years ago

21. Do you want to stop smoking cigarettes?

- a. I do not smoke now
- b. Yes
- c. No

22. Have any of your friends or classmates urged you to quit smoking cigarettes?

- a. I do not smoke now
- b. Yes
- c. No

23. During the past 12 months, did you ever try to quit smoking cigarettes?

- a. I did not smoke during the past 12 months
- b. Yes
- c. No

24. How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

- a. I have not smoked in the past 12 months
- b. I have not tried to quit
- c. 1 time
- d. 2 times
- e. 3 to 5 times
- f. 6 to 9 times
- g. 10 or more times

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

25. When you last tried to quit, how long did you stay off cigarettes?

- a. I have never smoked cigarettes
- b. I have never tried to quit
- c. Less than a day
- d. 1 to 2 days
- e. 3 to 7 days
- f. More than 7 days but less than 30 days
- g. 30 days or more but less than 6 months
- h. 6 months or more

26. Have you used an over the counter nicotine product like the Nicotine patch or Nicotine gum to help you quit smoking?

- a. I do not smoke
- b. I have not tried to quit
- c. Yes, I did use a nicotine product to help me quit
- d. No, I did not use a nicotine product to help me quit

27. During the past 30 days, how did you usually get the nicotine patch or gum?

- a. I did not use the nicotine patch or gum during the past 30 days
- b. I bought them at a drug store, pharmacy or supermarket
- c. I gave someone else money to buy them for me
- d. I borrowed (or bummed) them from someone else
- e. A person 18 years old or older gave them to me
- f. I took them from a store or family member
- g. I got them some other way

Smokeless Tobacco: Chewing Tobacco, Snuff, or Dip

28. Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- a. Yes
- b. No

29. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

30. During the past 30 days, how did you usually get your own chewing tobacco, snuff, or dip?

(CHOOSE ONLY ONE ANSWER)

- a. I did not use chewing tobacco, snuff, or dip during the past 30 days
- b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- c. I gave someone else money to buy them for me
- d. I borrowed (or bummed) them from someone else
- e. A person 18 years old or older gave them to me
- f. I took them from a store or family member
- g. I got them some other way

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

Cigars

31. Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?
- Yes
 - No
32. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
33. During the past 30 days, how did you usually get your own cigars, cigarillos, or little cigars?
(CHOOSE ONLY ONE ANSWER)
- I did not smoke cigars, cigarillos, or little cigars during the past 30 days
 - I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 - I gave someone else money to buy them for me
 - I borrowed (or bummed) them from someone else
 - A person 18 years old or older gave them to me
 - I took them from a store or family member
 - I got them some other way

THE NEXT QUESTIONS ASK ABOUT YOUR THOUGHTS ABOUT TOBACCO.

34. Do you think that you will try a cigarette soon?
- I have already tried smoking cigarettes
 - Yes
 - No
35. Do you think you will smoke a cigarette at anytime during the next year?
- Definitely yes
 - Probably yes
 - Probably not
 - Definitely not
36. Do you think you will be smoking cigarettes 5 years from now?
- I definitely will
 - I probably will
 - I probably will not
 - I definitely will not
37. If one of your best friends offered you a cigarette, would you smoke it?
- Definitely yes
 - Probably yes
 - Probably not
 - Definitely not

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

38. In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Very often

39. Do you think young people who smoke cigarettes have more friends?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

40. Do you think smoking cigarettes makes young people look cool or fit in?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

41. Do you believe cigarette smoking helps people relax?

- a. Definitely yes
- b. Probably yes
- c. Probably no
- d. Definitely not

42. Do you think young people risk harming themselves if they smoke from 1 - 5 cigarettes per day?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

43. Do you think it is safe to smoke for only a year or two, as long as you quit after that?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

44. Do you believe that light (low-tar) cigarettes are less risky than regular (full-flavor) cigarettes?

- a. Yes, they are less risky
- b. No, they pose the same risk
- c. No, they are more risky

45. Do you think you would be able to quit smoking cigarettes now if you wanted to?

- a. I do not smoke now
- b. Yes
- c. No

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

46. Have you ever participated in a program to help you quit using tobacco?

- a. I have never used tobacco
- b. Yes
- c. No

47. During this school year, were you taught in any of your classes about the dangers of tobacco use?

- a. Yes
- b. No
- c. Not sure

48. During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)?

- a. Yes
- b. No
- c. Not sure

49. During this school year, were you taught in any of your classes that most people your age do not smoke cigarettes?

- a. Yes
- b. No
- c. Not sure

50. Does your school have any special groups or classes for students who want to quit using tobacco?

- a. Yes
- b. No
- c. Not sure

51. As far as you know, do any teachers or other school employees smoke on your school's campus?

- a. Yes
- b. No
- c. Not sure

53. In the past 12 months, has a dentist or someone in a dentist's office talked to you about the danger of tobacco use?

- a. I have not visited a dentist's office in the past 12 months
- b. Yes
- c. No

53. In the past 12 months, has a doctor or someone in a doctor's office talked to you about the danger of tobacco use?

- a. I have not visited a doctor's office in the past 12 months
- b. Yes
- c. No

THE NEXT QUESTIONS ASK ABOUT EVENTS YOU MAY HAVE ATTENDED OR WHAT YOU HAVE SEEN ON TV, AT THE MOVIES, OR ON THE INTERNET.

54. During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?

- a. Yes
- b. No
- c. I did not know about any activities

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

55. During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?

- a. Not in the past 30 days
- b. 1-3 times in the past 30 days
- c. 1-3 times per week
- d. Daily or almost daily
- e. More than once a day

56. Out of 100 Vermont high school students, how many do you think smoke cigarettes?

- a. 10 or less
- b. 11-25
- c. 26-40
- d. 41-55
- e. 56-70
- f. 71-85
- g. 86-100

57. Have you seen any television ads or heard any radio ads that talked about how many teens in Vermont choose NOT to smoke?

- a. Yes
- b. No
- c. Not sure

58. If yes, please choose the correct response: out of 10 Vermont teens, how many choose not to smoke cigarettes.

- a. 2
- b. 4
- c. 6
- d. 8
- e. 10

59. Have you seen any television or movie ads talking about how Hollywood helps tobacco companies sell cigarettes?

- a. Yes
- b. No
- c. Not sure

60. Do you think Hollywood should change how much smoking is shown in movies?

- a. Yes, show less smoking in the movies
- b. Yes, show more smoking in the movies
- c. No, keep it about the same
- d. No opinion

61. During the past 30 days, how many commercials have you seen on TV about NOT smoking cigarettes?

- a. I don't watch TV
- b. A lot
- c. A few
- d. None

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

62. When you watch TV or go to movies, how often do you see actors using tobacco?

- a. I don't watch TV or go to movies
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Never

63. When you watch TV, how often do you see athletes using tobacco?

- a. I don't watch TV
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Never

64. When you are using the Internet, how often do you see ads for tobacco products?

- a. I don't use the Internet
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Never

THE NEXT QUESTIONS ASK ABOUT YOUR EXPOSURE TO TOBACCO USE.

65. Which statement best describes the rules about smoking inside your home?

- a. Smoking is not allowed anywhere inside my home
- b. Smoking is allowed in some places or at some times
- c. Smoking is allowed anywhere inside my home
- d. There are no rules about smoking inside my home

66. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

- a. 0 days
- b. 1 or 2 days
- c. 3 or 4 days
- d. 5 or 6 days
- e. 7 days

67. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?

- a. 0 days
- b. 1 or 2 days
- c. 3 or 4 days
- d. 5 or 6 days
- e. 7 days

68. Do you think the smoke from other peoples' cigarettes is harmful to you?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

69. Does anyone who lives with you now smoke cigarettes?

- a. Yes
- b. No

70. Does anyone who lives with you now use chewing tobacco, snuff, or dip?

- a. Yes
- b. No

71. How many of your four closest friends smoke cigarettes?

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

72. How many of your four closest friends use chewing tobacco, snuff, or dip?

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

THE NEXT QUESTIONS ASK ABOUT YOUR HEALTH

73. Has a doctor or nurse ever told you that you have asthma?

- a. Yes
- b. No
- c. Not Sure

74. During the past 12 months have you had an episode of asthma or an asthma attack?

- a. I do not have asthma
- b. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
- c. Yes, I have had an episode of asthma or an asthma attack during the past 12 months
- d. Not sure

75. A written management plan or action plan is a piece of paper that your doctor fills out with information about medicines, asthma triggers, and what to do when you have an asthma attack. In the past 12 months, have you and your doctor worked out a written plan for taking care of your asthma?

- a. I do not have asthma
- b. yes
- c. no
- d. Not sure

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

76. During the past 12 months, how many times have you seen a doctor for a routine checkup for your asthma?

- a. I do not have asthma
- b. None
- c. 1 visit
- d. 2, 3, or 4 visits
- e. 5, 6, or 7 visits
- f. 8 or more visits
- g. Not sure

77. In the past 2 weeks, how often have you been bothered by little interest or pleasure in doing things?

- a. Not at all
- b. Several days
- c. More than half the days
- d. Nearly every day

78. In the past 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?

- a. Not at all
- b. Several days
- c. More than half the days
- d. Nearly every day

79. Have you EVER been told by a doctor that you have diabetes?

- a. Yes
- b. no

80. Are you now taking insulin?

- a. Yes
- b. No

81. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

- a. 0 times
- b. 1 time
- c. 2 or 3 times
- d. 4 or 5 times
- e. 6 or 7 times
- f. 8 or 9 times
- g. 10 or 11 times
- h. 12 or more times

82. If you saw a peer being bullied or harassed, what would you do?

- a. Confront the bully
- b. Ignore the situation
- c. Try to help the person being bullied
- d. Tell an adult
- e. Join the bully

83. If you go outside on a sunny day for more than an hour do you use sunscreen or sunblock with a sun protective factor (or SPF) of 15 or higher?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

84. In the past 12 months have you used a tanning booth or a sun lamp?

- a. Yes
- b. No

85. During your life, how many times have you taken a prescription drug such as Ritalin, OxyContin or Vicodin without a doctor's prescription?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 or more times

86. What is the highest level of education completed by your mother (or the person who is like a mother to you)?

- a. Completed grade school or less
- b. Some high school
- c. Completed high school
- d. Some college
- e. Completed college
- f. Graduate or professional school after college
- g. Not sure

87. In the past 12 months, how often have you ridden on a snowmobile?

- a. Never
- b. Once or twice yearly
- c. Monthly during the winter season
- d. Weekly or more often during the winter season

88. In the past 12 months, how often have you ridden on an ATV (All Terrain Vehicle, including 3 and 4 wheelers and dirt bikes)?

- a. Never
- b. Once or twice yearly
- c. Monthly
- d. Weekly

89. In the past 12 months when you rode an ATV (All Terrain Vehicle, including 3 and 4 wheelers and dirt bikes), how often did you wear a helmet?

- a. I did not ride an ATV in the past 12 months
- b. Never
- c. Rarely
- d. Sometimes
- e. Most of the time
- f. Always

2006 YOUTH HEALTH SURVEY QUESTIONNAIRE

90. During the past 7 days, how many times did you drink soda (not including diet soda)?

- a. I did not drink soda during the past seven days
- b. 1-3 times during the past 7 days
- c. 4 to 6 times during the past 7 days
- d. 1 times per day
- e. 2 times per day
- f. 3 times per day
- g. 4 or more times per day

91. How often do you drink sweetened beverages such as lemonade, sweetened iced tea, sports drinks, KoolAid or other fruit drinks? (Do not include 100% fruit juices)

- a. I did not drink soda during the past seven days
- b. 1-3 times during the past 7 days
- c. 4 to 6 times during the past 7 days
- d. 1 times per day
- e. 2 times per day
- f. 3 times per day
- g. 4 or more times per day